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April 8th, 2015 ■ Issue No. 32 ■ Volume 105

THE gateway


THE OFFICIAL STUDENT NEWSPAPER AT THE UNIVERSITY OF ALBERTA



FARM
SANCTUARY

PG 14


LOCAL ANIMAL RESCUE TREATS LIVESTOCK WITH COMPASSION



THE GATEWAY'S

FINALS SURVIVAL GUIDE

PG 12



THE

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colophon

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contributors

Jason Timmons, Maggie Schmidt, Holly Detilleux, Zach Borutski, Jason Shergill, Charlotte Forss, Riley Samson, Kyle Holowack, Jamie Sarkonak, Mitch Sorensen, Lara Kmech, Spencer Nichols, Jimmy Nguyen, Derek Shultz

haiku

Richard, Sack, Richard
Praise Sack all day, yes praise
Sack is stupid weak

Kieran is a bitch
Never done anything right
Should've not been born

Wow, these haikus suck
Damn volunteers can't write them
Oh well, I don't care



streeters

As you may have heard, school is almost over! WE ASKED...

COMPILED AND PHOTOGRAPHED BY Jamie Sarkonak + Oumar Salifou

What are you most looking forward to this summer?



Janna Bokenfohr NUTRITION III

"Probably just having a job that's actually relevant to what I want to do — working in food service at the hospital. Before I was doing pesticide applications and stuff."



Hidde Vanderkamp PHYS ED I

"Going outdoors, enjoying the woods I guess. Just getting out of the city."



Nikki Way ARTS V

"Let's say getting a real, grown-up job."



Kobe Amoh SCI II

"Tanning."



PHOTO OF THE MONTH Pitbull Tattoos!

SPENCER NICHOLS



11113-87 Ave.
(across from the TELUS Building)



Monday

KARAOKE!
with host Bobby Vanilla

Tuesday

◊ 1/2 price WINE



◊ \$5.25 Guinness Pints



Wednesday



WING NIGHT!
(1/2 price wings)



Thursday

\$1.50 Draft Night

in the Library



Friday & Saturday

\$3 Hi-Balls (in the Library)

LIVE D.J.!

News

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Researchers examine prehistoric ‘Romeo’ and ‘Juliet’

Jamie Sarkonak

NEWS STAFF • @SWAGONAK

The story of the dinosaurs “Romeo” and “Juliet” started 75 million years ago in what is now the Gobi Desert of Mongolia. Like Shakespeare’s tragic teenage couple, these reptilian lovers were doomed.

One day during a rainstorm, the mated pair of oviraptors, each the size of a turkey, huddled under a sand dune for shelter. Unfortunately for them, the dune collapsed, and there they remained there until their discovery by paleontologists years later. Now, their deaths are offering new insight into the mating behaviour of oviraptors.

■ **“It ought to be then, logically, that male oviraptors should have bigger tail feather fans than do females.”**

SCOTT PERSONS
PHD CANDIDATE

The dinosaurs were almost identical except for one crucial part — the tail. Romeo’s tailbones were bigger, likely adapted for waving his display feathers in a mating dance. Because the two oviraptors were found together, researchers could compare them to study sexual dimorphism—the physical difference between males and females.

According to Scott Persons, a PhD candidate of Phillip J. Currie’s dinosaur lab at the University of Alberta, complete fossil specimens like Romeo and Juliet are very rare,



DINO DISCOVERY Scott Persons with an oviraptor fossil.

JAMIE SARKONAK

making the study of sexual dimorphism difficult. In fact, this is the first time sexual dimorphism been observed in the tails of dinosaurs.

“(The) problems with looking for sexual dimorphism in dinosaurs are essentially you need two specimens that are the same age, the same individual, and in this case, are very nicely preserved,” Persons

said. “That’s actually a pretty tall order.”

Persons had been looking for fossils like Romeo and Juliet since he and his colleagues published a study in 2011 which found that oviraptors had feathered tails. The oviraptor fossils in the study were rare. Preserved in a very fine volcanic ash, delicate details of large leaf-shaped

feathers on the tips of the dinosaurs’ tails were observed.

Since oviraptors were ground-based and incapable of flight, the feathers were determined to have been used for some other function. In 2013, the researchers found that when compared to other dinosaurs, the tails of oviraptors were highly flexible and strong. This suggested

the tails may have been for mating displays, similar to modern birds.

“Just as a peacock has got a bigger feather fan than does a peahen ... it ought to be then, logically, that male oviraptors should have bigger tail feather fans than do females,” Persons said.

Romeo and Juliet were preserved in sand, which isn’t as good for preserving feathers, so the team had to closely inspect their bones. Bigger tailbones indicated an oviraptor was male because they would have more area for muscle attachment, which could support a set of large, flashy display feathers. Smaller tailbones indicated an oviraptor was female, since she was probably busy choosing mates from the peacocking males.

Because it couldn’t have been used for flight, Romeo’s feather fan also contributes to paleontologists’ understanding of feather evolution.

“For a long time it was just assumed, because feathers of modern day birds are highly sophisticated ... that (flight) was what feathers were originally supposed to do,” Persons said.

This study of Romeo and Juliet suggests that feathers may have originally evolved for other functions, such as mating displays.

“It’s a rare case where we’ve been able to identify sexual dimorphism,” Persons said. “We’ve been able to, in many ways support our proposed theory that oviraptors were using their tails for display.

“So in regards to that theory, that really suggests that yes, we do have a good understanding in that regard of what oviraptor behaviour was like.”

Last Lecturer known for charismatic nature in the classroom

Jamie Sarkonak

NEWS STAFF • @SWAGONAK

It’s not common for professors to attempt to ride a unicycle in front of hundreds of students.

But that’s what happens when you take a class with Faculty of Physical Education and Recreation professor Brian Maraj, who teaches about, and demonstrates, the acquisition of motor skills.

■ **“Maraj is the type of professor that can light up an entire lecture theatre with his charisma, enthusiasm, and passion. He is not only a lecturer; he is a performer.”**

STUDENT
VIA LAST LECTURE NOMINATION

And now, with 13,000 votes, Maraj has been selected to deliver the University of Alberta’s Last Lecture, part of a lecture series that celebrates instructors that have made the greatest contributions to students and alumni. On Thursday at 7 p.m. in CCIS 1-430, Maraj will be wrapping up the academic year by taking students on his own journey to the U of A.

Maraj said he’s happy to call the

U of A home after being here for 16 years. Part of his joy comes from his role as an instructor. Students in the Faculty of Physical Education and Recreation take his classes in skill acquisition, motor development and “performance,” which students used to praise the experience of Maraj’s classes in the Last Lecture nominations.

“Maraj is the type of professor that can light up an entire lecture theatre with his charisma, enthusiasm, and passion. He is not only a lecturer, he is a performer,” one student said in their Last Lecture nomination for Maraj.

“Dr. Maraj’s excitement and energy caused students to actively participate,” another student said in their nomination. “He is not just a lecturer but is a true performer. As he would say: ‘it’s show time!’”

In addition to teaching, Maraj researches motor learning and control. In the past, he focused on investigating children with Down Syndrome and looked into how they learn motor skills.

Maraj didn’t start his career as a researcher, though. After completing his master’s degree in Physical Education at the University of Western Ontario in 1982, he became the varsity track and field head coach of York University, and then McMaster University. At McMaster, Maraj was in close proximity to three of the top motor skills acquisition researchers in the world, who ended

up influencing him to earn a PhD in kinesiology himself.

“What they understood more than anything else was how people acquire skills, the scientific basis for that,” Maraj said. “I’m looking at people in my own area who are doing this stuff and was like: I need to know that!”

■ **“He is not just a lecturer, he is a performer.”**

STUDENT
VIA LAST LECTURE NOMINATION

Maraj quit his job as a coach and went on to complete his PhD at the University of Waterloo in 1995. He then taught at the University of Colorado and Louisiana State University. He applied in 1999 to the U of A, where he has remained since.

Maraj described his teaching experience at the U of A as “magical.” It appears his students share the sentiment, as Maraj won the SALUTE Students’ Union Teaching Award of Teaching Excellence in 2011, for which students nominate and decide on winning instructors. This year, his students have done it again, voting him as Last Lecturer.

“It’s nice to be able to call a university home,” Maraj said of the support behind him in his 16 years at the institution. “This is as close as it could ever feel to feeling like you’re a part of it.”



PERFORMANCE PROF Brian Maraj will deliver this year’s Last Lecture.

JAMIE SARKONAK



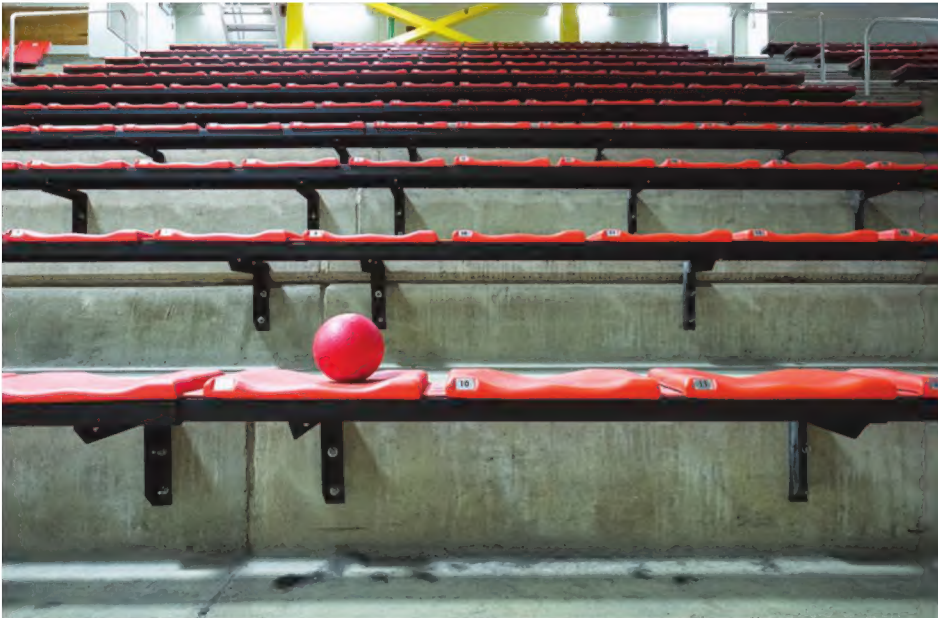
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CHRISTINA VARVIS

2014–15

Photos of the Year



CHRISTINA VARVIS



KEVIN SCHENK

IT'S SHOW TIME
COME TO
LAST LECTURE



Brian
Maraj
Learning: A Moving Experience!

“Dr. Maraj is the type of professor that can light up an entire lecture theatre with his charisma, enthusiasm, and passion.”
— Student nominator

Get your free tickets now:
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Thursday, Apr. 9, 2015 | 7 p.m.

CCIS Rm 1-430



ORGAN DONOR The OrganOx Metra (pictured) could help surgeons make liver transplants more routine.

SUPPLIED

New liver transport device at U of A keeps organ ‘alive’ outside the body

Mitch Sorensen
NEWS STAFF • @SONOFAMITCHH

It may appear to be a nondescript white box on wheels, but the OrganOx Metra has lifesaving potential in the hands of University of Alberta hospital clinicians.

The Metra, which sustains livers after they are removed from donors, extends the life of the vital organ by nearly 24 hours. James Shapiro, who acts as the director of the Clinical Islet Transplant Program and professor of surgery at the U of A Hospital, recently began a pilot trial of the OrganOx Metra machine. Shapiro and his surgical team will test the device to compare its effectiveness to current transplantation methods.

“It’s going to change the way we do liver transplants.”

JAMES SHAPIRO
PROFESSOR OF SURGERY, UNIVERSITY OF ALBERTA

“Transplantation might seem like an advanced science and does wonders for patients,” Shapiro said. “But the (current) technology behind transplant, how we move organs from one place to another, is antiquated.”

For nearly 40 years, the technique of choice for organ transport has been a “cold storage box,” which

is basically a cooler with some ice. The Metra, however, keeps the liver at body temperature, while being perfused with oxygen and nutrient-rich blood, effectively keeping the liver “alive” while keeping it warm. Shapiro and his team will be conducting a randomized control trial test pitting the Metra against the “cold storage box” with hopes of proving it’s a better solution while becoming a part of routine medical practice for liver transplant.

From the moment a liver is hooked up to the Metra, specific metrics are measured such as temperature and oxygen levels. This data allows Shapiro’s surgical team to decide whether the organ is usable. The Metra extends the life of the liver organs, and allows a surgical team to confidently use “marginal” organs, which Shapiro might not have normally used out of fear that they wouldn’t work in a patient. For Shapiro, this equates to lives saved, he said.

And it could be a fairly substantial number of lives, as the current waitlist for liver transplant in the Edmonton area is estimated at 150 people. Of those, a quarter to a third will die before they get a liver, Shapiro said.

“We hope this technology will allow access to more livers than we had before,” Shapiro said. “Therefore, saving more patients’ lives while they’re waiting for a transplant.”

According to Shapiro, similar technology, which reproduces body conditions, can be used in kidney and lung transplants, as those organs are currently stored in the cold before surgery. He suspects heart transplants could soon follow suit.

The Metra could also improve the patient and doctor experience when it comes to the transplantation process, as surgeries often occur late at night.

“It’s going to allow us to do transplants more routinely in daylight hours,” Shapiro said. “It’s going to change the way we do liver transplants.”

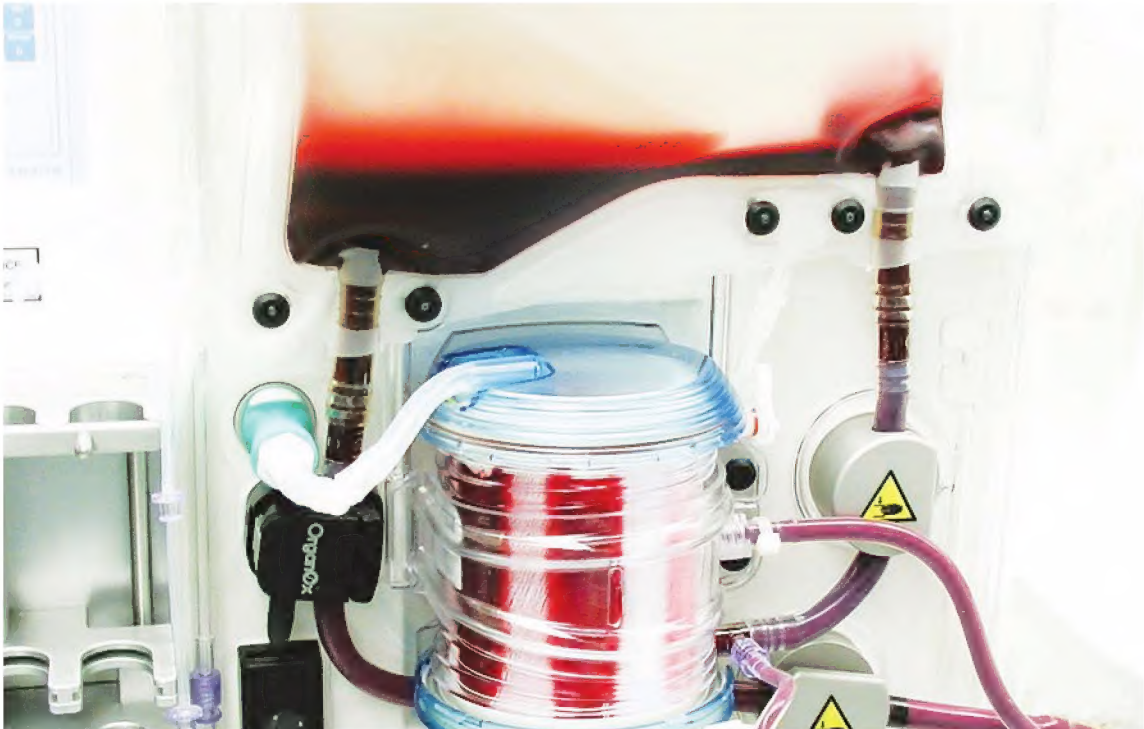
“The (current) technology behind transplant, how we move organs from one place to another, is antiquated.”

JAMES SHAPIRO
PROFESSOR OF SURGERY, UNIVERSITY OF ALBERTA

The first patient to get a donor liver preserved in the Metra went through the procedure early last week, and early signs show the new machine to be a success.

“We now know that these organs are working superbly well before exposing them to a patient,” Shapiro said.

“So this is a real advance.”



SUPPLIED

U of A President-elect Turpin hosts Arts faculty in town hall

Richard Catangay-Liew

NEWS EDITOR • @RICHARDCLIEW

Though University of Alberta President-elect David Turpin doesn't take office until July 1, he held a town hall with hopes of making his tenure more "palatable."

Turpin hosted the U of A's Faculty of Arts in the Van Vliet Complex on April 1, but instead of answering questions from students, faculty and staff, he sought suggestions from the community. Turpin opened the floor for any concerns they have and how he should tackle them once he succeeds current U of A president Indira Samarasekera.

"I'm asking you for advice," Turpin told the audience. "Tell me what you think I should do, and more importantly, tell me what I shouldn't do."

"I want your help in how do we communicate what the arts means to our society."

With Alberta Budget 2015 cutting a projected four per cent in funding to the post-secondary sector in the next two years, Turpin received concerns about possible workload pressures, resource allocation and the burden the community may face. The government has instructed post-secondary institutions to look for more sustainable sources of revenue to ensure that universities aren't reliant on future government funding.

Department of Drama associate professor Jane Heather advised

Turpin to examine the different capacities different faculties and departments have in generating new revenue streams for the university.

"It's difficult to figure out how some faculties are going to do this," Heather said. "We're very good at cupcake sales ... we're told to think imaginatively about how we're going to create revenue, and I hit the wall on that."

Turpin acknowledged Heather's "angst" on the issue.

"It's not angst," Heather said in response. "It's anger."

Professor in the Department of English and Film Studies Stephen Slemon brought up the concern about contract academic faculty at the university and the job insecurities they face.

"These people do the majority of teaching in our faculty with the quarter of our salary with no contracts, certainty or benefits with little access to decision making," Slemon said. "This is a big-ticket item, and we have got to do better."

Third-year Bachelor of Fine Arts student Stuart McDougall advised the incoming president to put himself in the position of a current or prospective student before making any decisions.

"The university is about the students," McDougall said. "Largely, we're the ones who are going to be affected the most."

Associate Dean of Graduate Studies in the Faculty of Arts

Tom Spalding fielded the issue of graduate students being "squeezed" after completing their studies. He noted there is a push in recent years for a PhD, but there is no matching outside demand in terms of employment.

"We're creating an army of under-employed PhD students," Spalding said. "Graduate students need to be a major focus ... it needs to be considered systemically."

Other common themes included how international students in the Faculty of Arts are seemingly "pushed aside" while often being isolated from the rest of the campus community. Though Turpin told the audience he was seeking advice and not answering questions, he said there should be more support for international students, considering the university is actively pursuing and recruiting them.

In closing, Turpin highlighted his main philosophical themes of intellectual integrity, creative inquiry and freedom of expression and equal rights. He said he hopes to utilize these themes in addressing the points brought up by the audience when he takes office later this summer.

"I am really enjoying the opportunity to get to now the University of Alberta community," Turpin said after the town hall. "I have a lot to learn, but I am very humbled with the way the community has been open."



STUDYING SENIORS Carole Estabrooks' expertise comes in nursing homes.

SUPPLIED

Dying in a Nursing Home

Researcher measures distressing symptoms of seniors

Richard Catangay-Liew

NEWS EDITOR • @RICHARDCLIEW

A life that has been lived should not be valued less than a life that's going to be lived, Carole Estabrooks.

The Translating Research in Elder Care (TREC) Principal Investigator at the University of Alberta and professor in the Faculty of Nursing recently conducted the first Canadian study on ways to measure the increasing levels of distressing medical symptoms seniors in nursing homes face in the last year of their life.

She said she hopes her research ensures that the quality of life right before death is as optimal as possible, no matter how much longer somebody in a nursing home has to live.

"This gives us the opportunity to look at different kinds of strategies to address this important area," Estabrooks said. "We haven't been good at systematically monitoring symptom levels. We have to develop techniques systematically to make sure our strategies, interventions and care (for seniors) is maximized."

Estabrooks has been working with residential and nursing homes for the last 10 years. Her latest research report, titled "Dying in a nursing home," looked at the trajectories of distressing symptom burdens on seniors and how quality of patient care can be improved.

70 per cent of Canadian nursing home residents have been diagnosed with dementia and typically have other chronic distressing medical conditions such as kidney disease, shortness of breath, vision problems, arthritis and fluctuating blood pressure. Most seniors with advanced dementia will live the last months or years in a nursing home, and will die there.

Studies have shown that the current level of care for these seniors in nursing homes is "sub-optimal," Estabrook said. Her team collected data from 36 nursing homes in Western Canada from 2008 to 2012, noting symptoms experienced by residents such as pain, delirium, agitated behaviour and pressure ulcers, which led to feelings of distress and suffering.

The first step in improving quality of life in nursing homes is to measure and monitor distressing medical symptoms closely, Estabrook said. Half of Canadians in nursing homes are more than 80 years old, and are

"highly vulnerable" with "complex health needs," but their medical symptoms are treatable. The study looks at how measurement of those symptoms can be modified in nursing homes, thus improving quality of care and treatment.

Common strategies for reducing distressing medical symptoms comes in the form of staff education, training and knowledge-based techniques, which aren't enough by themselves, Estabrooks said.

Features of the work environment that can be modified include the amount of participation staff have in care planning and decisions, how health-care workers communicate with other professionals about patient needs, the amount of available resources, the types of leadership styles in the workplace and processes for staff feedback.

"People managing systems have responsibilities for getting data back to facilities and ensuring there are enough resources and staff," Estabrooks said. "We didn't do a study to try and blame anybody. From our perspective, if you don't measure it, it's hard to know what the state of things are and how to address them."

According to Statistics Canada, seniors are the fastest growing population in Canada. By 2021, a projected 19 per cent of Canadians will be more than 65 years old. By 2041, that number will increase to 24 per cent.

Even if resources and funding to the nursing home sector stays constant, it won't be able to account for the rapid population growth of seniors in the country, Estabrooks said.

Estabrooks added that she hopes policy makers will use their findings and implement a systematic way to monitor patient symptoms and how they're being treated. Creating and instilling a program from the government level could help with evaluation and progress in nursing homes. And since resources are on a decline with the growing population of seniors in Canada, this could help make sure those at the end of their life are as equally valued as those who are just born, she said.

"We don't have good awareness if we don't monitor (distressing medical symptoms) closely," Estabrooks said.

"We should work to ensure that the quality of life before death is as good as we can make it."

With files from Collins Maina

campus crimebeat

COMPILED BY **Richard Catangay-Liew**

ROOFTOP RAID

In an "out-of-the-ordinary" situation, University of Alberta Protective Services (UAPS) were alerted by staff in the Zeidler Ledcor Centre about a break-and-enter on March 20.

While UAPS scanned the building, staff notified officers that they could hear the perpetrator — in the ceiling. UAPS observed that several ceiling tiles were ajar with debris scattered across the main floor, so they began inspecting the ceiling above the office spaces.

Edmonton Police Service (EPS) were informed and dispatched for a crime in progress, and arrived in five minutes.

During inspection, a yelp was heard from the kitchen area of the building, where a staff member yelled that the intruder had fallen through the ceiling. Upon contact, the male resisted arrest by UAPS officers and was uncooperative, but was detained and turned over to EPS.

UAPS Acting Inspector Marcel Roth said break and enters through the ceiling haven't been reported recently, but have happened before on campus.

"It hasn't been what we've noticed or observed recently," Roth said. "But it is one of the areas we attend to in a break and enter ... we can't verify how (the intruder) got in, but they didn't cover their tracks well, leaving debris upon entry."

Roth said UAPS and EPS are unaware of the intruder's motive for entering the building in the manner he did, but noted how drugs may have played a role in their thinking, as the perpetrator appeared to be in a troubled mental



RANDY SAVOIE

state during the arrest.

The male was charged with one count of break and enter and one count of resisting arrest. He had not come to the attention of UAPS in the past and is not affiliated with the U of A.

STOLEN SPEAKERS

It's common that speakers in lecture halls or classrooms don't work due to technical difficulties. After Information Services Technology (IST) attended one room in the Humanities Centre because the audio wasn't working, they realized the problem: the speakers were missing.

IST then notified UAPS that the speakers that normally sit in the back of the room were possibly stolen, as dangling wires were sticking out of the wall where the speakers would be connected.

The last time IST had visited the room was three months ago, so UAPS assumes that the theft occurred during that time span, Roth said.

The speakers are valued at an estimated \$400. There are cameras in the vicinity, but they do not face the wall that the speakers are mounted on.

WHERE'S MY WALLET?

Wallet thefts have been a common occurrence in the Van Vliet Complex, even with lockers available to all gym users.

On March 20 and 22, wallets in the Van Vliet Complex locker rooms were reported stolen.

Roth said 70 to 75 per cent of locker room thefts and thefts in general are due to carelessness, and could easily be prevented.

"Majority of those thefts are instances where people are not using a lock or they're going to a different part of the facility leaving their items unattended," Roth said.

"It's very simply a crime of opportunity where someone sees that property ... it all boils down to property being unattended."

The stolen wallets have not been recovered by UAPS.

Opinion

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Volunteer
Hey volunteers, come by 3-04 SUB every Wednesday at 3 p.m.!

EDITORIAL COMMENT

Reminiscing on the year that was, for better or worse

The funny thing about nostalgia is that it hits you when you least expect it.

I was texting someone the other day when he said to me, “You’re almost done your job as Editor-in-Chief at *The Gateway*. Are you feeling a little nostalgic about your last issue?” I promptly replied, “No, I’m not a nostalgic person. I’m ready to move on.”

But it was after I sent that message when I realized it’s not actually that simple.

Leaving something you love is a lot like a breakup — you know it has to happen, you know you’ll be better for it and you know you’ll only move on to bigger and better things. But you still can’t help but think of the good times. Sure, you resent all the mistakes you made and the times you wish you had just left the whole thing behind a lot sooner, but the warm feelings and good memories still find a way to crawl back to you when you realize it’s all going to end soon. There’s no gradual end, either. One day you wake up and your life is different than it was the day before. You just have to accept that.

That’s kind of how it is around this time of year. Some of us will be leaving university knowing we will never come back. Some of us have already enrolled in our master’s programs, and some of us are just relishing the impending summer break.

Back in September, I wrote about all the mistakes I made in my five years here: thinking I’d never even make it into university because I failed math numerous times in high school, being late for my very first class of my undergrad, sucking at sports. I said these failures didn’t really matter, because university is a chance to start fresh, a chance to find something you’re good at, and something or someone who will be good to you, too. I told you to not fear failure, to take risks this year, to reward yourself for your success, to ask for help when you need it and to keep an open mind. I hope even some of this advice from a faceless name in the campus paper helped you at some point this year.

But I think I missed something really important: to live in the moment and appreciate your time here, because it goes by so much faster than you ever expect. I know, I know, it’s super cliché — you never know what you have until it’s gone. But you don’t want to be looking back on some of the best years of your life wishing you had appreciated just how special they were as they happened.

So that’s kind of where I’m at right now, writing this editorial in my office that’ll soon be passed over to next year’s Editor-in-Chief. (Cam will do a great job, so go easy on him, kids.) Although I never thought I would, I’m going to miss the messy office we could never seem to get under control, no matter how many times we took out the garbage and sprayed Febreze. I’ll miss ordering Chinese food and eating together in the couch room, and shooting the Nerf gun at each other during editorial meetings. I’ll even miss both the angry janitor who yelled at us to lock the doors before going home, and reading over the PDF of this paper, bleary-eyed at midnight, trying to catch every possible typo before sending it to print.

While it never seemed obvious, this university offered every opportunity I ever needed to grow into someone I’m proud to be, but I wish I had realized that along the way. Maybe if I took a few more walks around our gorgeous campus, had a few more beers in RATT or actually went to a few more classes (sorry, profs), I wouldn’t be sitting here wishing I had just a little more time to spend cramming in the library, or writing and editing this newspaper.

But I hope you enjoyed the shenanigans we got up to this year — we sure did. We wrote some breaking news that garnered national coverage, we wrote some silly stuff that maybe some of you found as funny as we did, and we published some really, really beautiful issues that I can’t wait to look back on in the months and years to come. It’s been a pleasure to be your Editor-in-Chief, and I’m so proud of the talented team I’ve had the privilege of working with.

As we head into finals, study hard, but don’t forget to look around you now and then and appreciate the position you’re in as a student with every opportunity in front of you. I know gazing at stacks of notes and textbooks through rose-tinted glasses might be the last thing on your mind as you stress about finishing final papers, but if you didn’t suffer a little bit, this whole experience wouldn’t feel so worth it in the end.

No matter what you do on this campus or however long it feels until graduation, you only get to experience this time in your life once. Once the real world comes knocking at your door, all these years on campus suddenly seem all that much sweeter.

Andrea Ross
EDITOR-IN-CHIEF



JESSICA HONG

letters to the editor

FROM THE WEB

Burger Bonanza
(Re: “*The Gateway’s Burger Bracket*,” by Gateway Staff, April 1)

Y’all are telling me that you made an Edmonton-based Burger Bracket without including Harvey’s? You complete fucking morons. Professional journalists my raggedy ass.

Ya Big Boi M
VIA WEB

Harvey’s is only worth getting when you’re at the airport

Airport Guy
VIA WEB

Hahaha. Amazing list. Good work on The Burg too – it’s not too often someone calls out that shitty joke of a restaurant for what it is. You reading this, Basil? Guys, I think Basil is crying.

Anon Ymmous
VIA WEB

This entire bracket is complete BS. Firstly, why bother including Wendy’s, Dairy Queen, and McDonalds? Lemme quote the author here. “No one should ever claim that a Big Mac, Quarter-Pounder or Angus Burger is as good as the top gourmet burger joints in the city”. Yes, agreed. Yet you still place it in your “best burger in the city” bracket. I do personally agree that Wendy’s has the best Fast Food burgers, I don’t believe

that fast food should make this list. Secondly, your comment about 5 Guys, “While it elevates itself above a run of the mild fast food burger, it doesn’t quite compare to a dedicated burger restaurant.” Ummm, have you ever been to Five Guys? They sell Burgers and Fries. That’s the second part of their name. The only other thing there is hotdogs, which I’ve never seen anyone order before. That constitutes a dedicated burger restaurant in my books. Also, Rodeo burger is pretty terrible and Delux is certainly not the best burger in town. This is terrible food journalism

Disgruntled Burger Fan
VIA WEB

Soda jerks out for the count in the first round??? The only restaurant on this list featured on the food networks “you gotta eat here!” Out done by McDonalds? Wendy’s? Burger baron? Did you fall on your head before writing this article?

kevin
VIA WEB

Offensive use of Tinder
(Re: “*Tinder’s use more nuanced in reality than its stereotype*,” by Josh Greschner, March 24)

I joined tinder a few months ago to see what thy hype was about, and I matched with a bunch men who seemed charming and respectful. After having conversations with them, I couldn’t see myself dating any of these men, so I would let

them know I wasn’t interested. That’s when things would start taking a bad turn – many got aggressive, some calling me “bitch” or “slut” or “c**t”. Don’t get me wrong – the majority of men I talked to were great guys, but at the same time I did face a lot harassment. That’s what the Tindergrls group is trying to bring awareness to, and I think it’s a fantastic campaign. And I do think it’s pretty rude that you published this piece without letting the group know first.

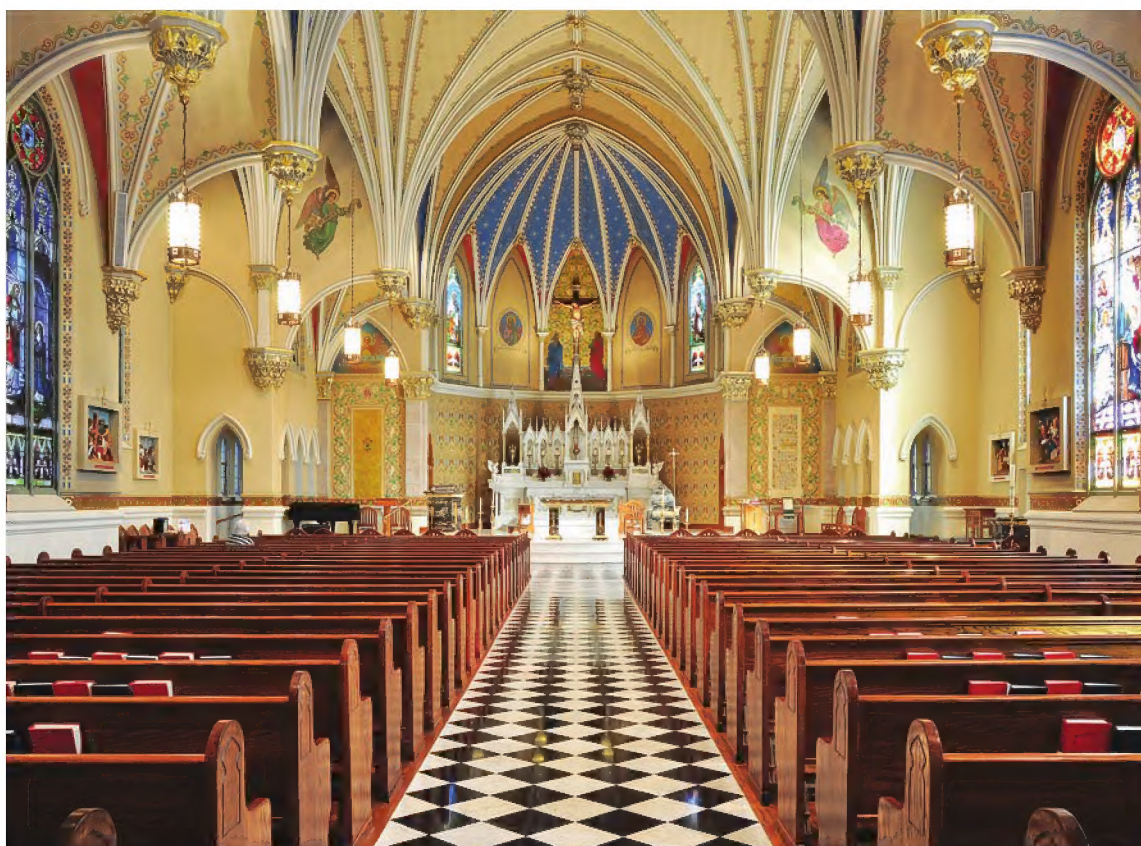
Victoria
VIA WEB

Letters to the editor should be sent to letters@gateway.ualberta.ca (no attachments, please).

The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libellous, or otherwise hateful in nature. The Gateway also reserves the right to publish letters online.

Letters to the editor should be no longer than 350 words, and should include the author’s name, program, year of study, and student ID number to be considered for publication.

While we gladly accept online letters to the editor, we have a little more appreciation for those who take the time to write on a piece of paper, fold it into an envelope and mail it. The only mail we’ve been receiving lately has been hostage notes made out of our newspaper. They’re slightly unnerving. So mail that, you know, doesn’t threaten our children would be cool.



SUPPLIED — JOE RAVI

Suburban Roman Catholic mass is bland as a communion wafer



**Josh
Greschner**
OPINION STAFF

A bored congregation shifted and shuffled in the pews, apparently uninterested in a sermon this past Easter Sunday about Christ's resurrection. Easter Sunday is one of the busiest days of the year at the suburban Roman Catholic church my parents attend.

I'm an atheist and I've long ago stopped pretending otherwise. But after studying different forms of Christianity, I have new insight into the suburban Roman Catholic Church — given increasing secularization and the church's lack of socio-cultural appeal, I don't see how this particular church will continue for very long.

After decisions made by the Second Vatican Council (known as Vatican II) in the mid-'60s, Catholic mass could be conducted in vernacular rather than Latin, the priest could face the congregation instead of the altar against the wall and music became poppy and piano-based rather than chant-based. The spirit of Vatican II also changed the church's visual means of legitimacy, as new churches were built according to modern architectural principles, losing their ornamentation in favor of whitewashed walls.

The Ukrainian Catholic Church, conversely, maintains traditional architecture and chant-based music. A barrier adorned with icons called an iconostasis clearly separates the congregation from the sacred sanctuary. The entire interior of St. George's Ukrainian Catholic Parish on 95 Street and 113 Avenue is

painted with icons and symbols to a powerful aesthetic effect. In short, the space instills reverence.

A number of Protestant denominations also appeal to emotions and have political leanings. Southern Baptist services are energetic, impassioned and invite audience participation. In congregations made predominantly of minorities, affective songs and sermons project the voices of the oppressed.

Demographically, most attendees of the suburban Roman Catholic church are well-off white people who fit into their dominant culture's ideology, the very people against whom many minority groups resist.

Some churches can also inspire political uprising: Martin Luther King Jr., a Baptist preacher, sermonized about desegregation and in 1955 launched a bus boycott from the Dexter Avenue Baptist Church basement in Montgomery, Alabama. In the Massachusetts woods in the 1833, Native American Methodist minister William Apess fought for the rights of the Mashpee reservation with support from church-goers and helped earn the community a level of self-determination during the presidency of the racist Andrew Jackson.

The rural Roman Catholic church, meanwhile, is fundamentally communitarian. The families of the church builders often continue to attend and everyone knows where

each other sits. There is a certain pride in maintaining one's own small church and church-goers are expected to contribute by reading, playing music or altar-serving. After mass, the social aspect of rural or small-town churches is similar to a local bar, although less rowdy.

The suburban Roman Catholic church lacks most, if not all, of these characteristics. The tradition to which they adhere isn't old and doesn't express a strong sense of sacredness or authority. Too often, complacent priests offer simple, inconsequential, unchallenging sermons. Demographically, most attendees of the suburban church are well-off white people who fit into their dominant culture's ideology, the very people against whom many minority groups resist. And while the suburban church is run by a strong core of individuals, there is little community pressure to contribute and participate in the church. The suburban Roman Catholic church is easy to join and attend, but the mass has such weak socio-cultural appeal that it is equally easy to reject.

The main attraction of church is personal faith, and I'm not one to judge personal faith. But those of strong Catholic persuasions will attend regardless of how mass is conducted. Church will also always be a sanctuary for those in times of struggle or need, but for those without social/economic/political struggle or for those skeptical about the faith, there's very little in the week-to-week plod through Ordinary Time to make them attend regularly.

The suburban Roman Catholic church fulfills the spiritual needs of some, but I can't see how those who grew up with this insipid blend of Catholic worship will bother continuing the tradition.

your walking, not replace it.

The Burlap Zach is a semi-regular feature in which Sports writer Zach Borutski stuffs a person, group or idea into a sack and, metaphorically, beats said person, group or idea senseless.

It is important to remember that Zach Borutski's violence is purely rhetorical and not physical. In fact, Zach is a smart, funny guy and he's going to be the Sports Editor at The Gateway next year. Listen to him on this week's Gateway Podcast.

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STUDENTS' UNION



the burlap zach

COMPILED BY **Zach Borutski**

No standing during peak hours.

Seriously, we all know just how busy the LRT stations on campus are during the 10-15 minutes before classes start. Students in a mad rush to avoid the walk of shame associated with entering a class late — and yet, there always

seems to be that one person who decides to stand on the escalator while everyone else is purposefully striding up it.

Of course, not everyone is capable of briskly making their way up the moving stairs, but for perfectly able-bodied students, there really should be no excuse. Walking up stairs won't kill you, and if stairs really send that much of a shiver down your spine, take the elevator. On second thought, don't do that either, give your head a shake, and learn how to use an escalator to aid

The lesser of two academic evils to end your year

You walk alone in life, just like you do in term papers. Own it. Final exams bring misery, but misery loves group studying



Andrew Jeffrey
POINT

As the year comes to a screeching, drawn out, seemingly never-ending halt of finals, the only solace I can take in these last few weeks is that I only have to worry about term papers and not final exams.

I know what most think. That 12-16 pages of writing is too much and that 3,000 words is an impossible task they couldn't possibly handle. But if given the choice between a final paper or a final exam, I'll take the paper every time.

It's a lonely experience, writing that paper. Out on an island of your own individual topic that no

one else is researching, you only have yourself to rely on. But that's an important life lesson. After all, you're going to die alone anyways.

When the second half of the term hits, I'd like to be able to tell myself that I'll be fully prepared for any end-of-year test that comes my way. That I'll study for weeks on end, go to every single class, keep diligent notes and start my papers and projects early on.

But five years of university has taught me to know myself better than that. As the final weeks of the term roll around, I'm usually scrambling to pull all the loose threads of barely-started projects together. At that point, the decision comes down to whether I want to try and cram for a test that I won't even know the answers to for a class I've long since stopped paying attention to, or just pull a harmless all-nighter or three to write just one term paper.

Actually, nah, just kidding. I'm a great student.



Josh Greschner
COUNTERPOINT

Both exams and research papers are academic assignments that should be reserved only for serial murderers at the University of Hell. This is an argument of the lesser of two evils.

It's true that research papers are easier to slap together at the last minute: take a few quotes from different online papers, fill in a few thoughts that bring you to the next quote, then have a couple cigarettes, a few Red Bulls, then bomb out a few long sprawling paragraphs you won't read over but will admire with the page zoomed out to 25 per cent.

The unparalleled stress of late night research paper causes hysteria, delusions and out-of-body experiences. It's a lonely, desolate time.

At least the struggle is communal when studying for exams. It's much easier to assemble a group of people who will chew through the fat of a course than listen to your half-incubated ideas that you falsely think will end in a good essay. At least while studying for an exam, two or more people can test each other, support each other and lose an equal amount of sleep together. Instead of climbing Mount Doom with your ugly, self-doubting, cancerous personality who only wants to corrupt to when you sleep, studying for an exam is like journeying with Samwise Gamgee. When the exam is over, you and Sam can laugh, cry on each other's shoulders and despite enduring the most traumatic experiences of your short lives, two people studying for an exam can become the best of friends.

#3LF three lines free

Got something that you need to get off your mind? Either email us at threelinesfree@gateway.ualberta.ca, tweet @threelinesfree, or message us at www.gtwy.ca/threelinesfree

I'm no burger expert...Oh wait, yes I am. Better inform the Gateway that I have superior burger knowledge compared to them.

i bet people are pissed about your burger bracket because you didn't include any hipster ass vegan options lmao

Screw you, Gateway. I was really excited about getting a cheap computer from your garage sale.

What do you do when you get a stats question wrong?" Cry. Then

go to the peer support centre. Telling someone to kill themselves because privilege? Not cool.

I'm kind of in love with Kimmy Schmidt.

Jesus fucking christ Dave stop shitting on the floor

You're a disgusting little man, Dave

yeh

"I feel so weird walking next to you, like a tiny little bird." - Shit

people say to tall people couples having sex in Rutherford should be shot on sight

with a video camera so we can profit from their public escapades Johnny's in the basement mixing up the medicine

I'm on the pavement thinking about the government.

So long and thanks for all the fish

Goodbye

I'll miss you all, dearly

Except Cam

the burlap sack

COMPILED BY Mitch Sorensen

What the fuck, Opa!? I mean, your fries are delicious and your lamb wraps are next level, but what on earth inspired the change from compostable paper containers back to landfill-clogging Styrofoam?

It's bad enough that SUB is the only building that has compost bins in the first place, and that Opa! used to be one of the only restaurants that offered a compostable container. It's shameful that they reverted to Styrofoam, no doubt because of reduced expenses.

Though it's easy to bitch about this now, Aramark likely won't alter their packaging to something friendlier for the planet. As such, take the lovely people of SUB up on their offer: grab one of the reusable plates in SUB. While enjoying your delicious calamari platter, you can take solace in the fact that you are saving baby polar bears.

The Burlap Sack is a semi-regular feature where something that needs to be put in a sack and beaten is ridiculed in print. Rather than just complaining, this week, we used burlap sacks to hold Styrofoam food containers and other garbage as we cleaned up campus.

#weonlygotone

April 15 to May 4: You're moving on to do something great—let your stuff do the same. Drop it off at the special recycling and donation centres in and around your residence.

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Tweaks, adjustments & facelifts to improve the U of A



Opinion Staff

GROUP COMMENTARY

The Gateway fantasizes a lot about power and we're confident that suggestions like these to improve the U of A will be warmly welcomed by incoming President David Turpin, unlike Indira Samarasekera, who didn't let our reporters into her office and who will no longer accept our calls.

Riley Samson

I'm not sure who the powers that be are that decide the president's salary and benefits. But whoever they are, have they given any thought to the fact that, just maybe, said income doesn't necessarily have to be as high as it is?

I get it — the president has a tough job. It can't possibly be easy running the biggest university in the province, and one of the biggest in the country. But when it comes to compensation, I feel like once you get past the quarter-million per year mark, the rest is just extra.

However tempting as it may be to be the recipient of such a massive income, were I president, I would graciously decline the vast majority of it. Rather, I would put it towards other ventures that could really use the funding — like the music department, so they wouldn't have to cut more and more courses and ensembles each year. Or the renovation of Dewey's. Or the much-needed removal of Aramark from Lister Centre, to be replaced with a

food service that's actually competent. Or freaking anything.

This university, while deserving of praise for much, is lacking in so many areas. The prime reason for this, of course, is a lack of funding. When there's so much room for improvement, we simply cannot afford to be giving so much money to a single employee, no matter how important the position. As president, I would see to it that my own material comfort never comes before the quality of education that my university provides, as it seems to regularly under the current administration. How can we pay our administration so much, and yet expect to be taken seriously when we complain about being underfunded?

Nathan Fung

Wouldn't the university become a much more convenient place if we had a few moving walkways here and there? Students shouldn't have to run ridiculous distances between classes in order to be on time. Getting people to exercise is one thing, but that shouldn't come at the cost of having to be late for class. With a few moving walkways to make traversing long hallways less of a chore, time-pressed students wouldn't have to worry about running a god-damned marathon on a regular basis.

Not only would moving walkways help get students from Point A to Point B a lot faster, they would also be a partial solution to the widespread epidemic of slow-moving people. People who walk in front of you at a slow and easy pace while refusing to let you pass them

is just cruel and unusual punishment. With a moving walkway on one side, you'd have a place clearly designated for high speed traffic. Imagine if there were moving walkways in HUB, then you'd have to worry a lot less about slow people hindering your race against time to deliver your paper to the political science office just before it closes.

Josh Greschner

One of the most effective methods of teaching in the Western tradition is to recline in a dirt toga on public stairs and provoke passers-by into discourse. A recent development in Humanities pedagogy called the Socratic method, while well-intentioned, manages to corrupt Socrates' original inquisitive purposes. Students who are supposed to dialogue simply aren't engaged in the modern classroom. What's more, status impedes professors from asking questions that could undermine their authority while students avoid asking questions for fear of looking foolish. Complacency prevails and institutionalized education is not as effective as it could be.

Elect me president and I promise to revolutionize complacent teaching by making education much more Socratic. Ancient Greek rituals involved sacrifice and the Gods were happier the bigger the sacrifice. I propose to burn down the Humanities building both as a sacrifice and as a symbolic purging of ineffective teaching practice. Without a building, instructors will be forced to teach on the street. The easiest way to do so,



CHRISTINA VARVIS

they will find, will be to recline on public stairs somewhere. Students, in honour of the Socratic tradition, will follow their favourite instructors onto the street. Since instructors will literally be more down-to-earth, students will not be intimidated by instructors' pretence and will learn by posing the questions they should.

The best way to improve institutional education is to abolish the institution. As we should have done 2,400 years ago.

Mitchell Sorensen

The first time our incoming

president attempts to make his way up to the SU elections office, a shit-maelstrom will arise. So angered will the Turpinator be at the dearth of service that he will immediately renovate the SUB elevator.

No longer will we have to deal with the lethargic drudgery of the journey to RATT. His Excellency Lord Turpin will bring us out of the dark ages, vaulting us and our elevating technology into the 21st century.

In conclusion, I have all faith that Turp-Down-For-What will see a need to fill and it. He'll put in the Ferrari of ascension devices and save us all from the stairs.

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La médecine, un choix d'avenir Étudier à l'Université d'Ottawa



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THE GATEWAY'S

FINALS SURVIVAL GUIDE

Written by The Gateway staff • Layout by Jessica Hong

WRITING AN IN-CLASS ESSAY

If you're in an Arts degree, chances are that you've got an in-class essay (or five) amongst your upcoming finals. If you're wondering how your prof expects you to write several "well-written" essays in a couple of hours, never fear. With a bit of prep time and the right mindset, you can breeze through those essays.

The joy and the pain of essay exams is that memorization isn't going to take you very far. Your prof can only really ask you about a couple broad topics — what facts

you tie into those topics from the course is up to you. With that in mind, planning is key. If you've got a kind-hearted prof, you may already have the exam questions or at least a list of the possible exam questions. If this is you, congratulations — your job is easy. Make practice outlines of how you would answer each question and you're ready to go.

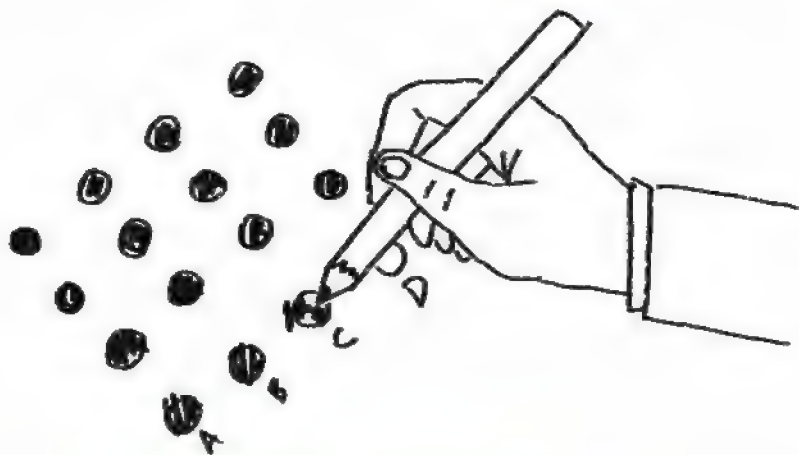
If your prof is more a man or woman of mystery, it's time to do a little sleuthing. Think back to those sleepy classes in February and March. Were there certain

phrases that kept coming up? Are there words your prof has said so many times that you're sick of hearing them? Guess what: those concepts will probably be on the exam. You can also look at the syllabus to find out what your prof thinks the important structuring ideas of the course are. Once you've done your detective work, you can plan out your ideas accordingly. Make a sample outline or make a chart sorting facts by what concepts they relate to.

Then there's the exam itself. You show

up with your three pens (never know when a pen will die) and memories of essay outlines in your head. First — don't panic. Take a moment to write a quick outline. Once you put pen to paper, remember that this essay is about speed, not style. Don't waste time writing a fancy intro — just set up that thesis and go onward. It doesn't matter if it's kind of clunky. Nobody's expecting a literary masterpiece.

So there you have it: planning, extra pens, no panicking, no literary panache. Go forth and ace those essay exams!



MULTIPLE CHOICE EXAMS:

Multiple choice exams rock. There's no other test that gives you the answers right on the page, yet many people get stressed out by them. Choice can be overwhelming, so we get where you're coming from.

The first step is to actually read the question. Take your time here because it's the most important part. Now read all the answers. Then, go through each answer and cross out the ones that you're 100 per cent sure aren't correct. These are the answers you aren't even going to look at again. If you have more than one that's not crossed out, and neither of them look correct at first glance, make a mark beside the question and move on.

One of the easiest ways to fail a multiple choice exam is getting stuck on a question. If you force yourself to move on, you'll have time to go back at the end and fill in the ones you missed. Not knowing the answer will also make you feel unsure about the rest of the test, so it's best to just come back to it later.

Guessing on the correct answer depends on the type of test it is. If your prof's a dick and subtracts marks for incorrect answers, don't take the risk. Otherwise, a good way to find the correct answer if you have no idea is to see if there are two similar ones. It'll likely be one of them. And if all else fails, choose B or C.

DEALING WITH STRESS

It's no secret that finals season brings with it a lot of stress. Just trying to keep one's head above water can be difficult, let alone maintaining the things we do for fun. Although finals season is by its very nature stressful, there are ways to minimize that stress.

The better prepared you are for exams, the less studying you'll have to do, and the more time you'll have for enjoyable activities. A good way of doing this is making sure you don't fall behind in class. Keep

up-to-date with the material, and have a good idea of what's going on. The secret? In order to do this, you need to attend class. Mind-blowing, right?

If you find yourself unprepared and anxious, then having good study habits is a good way to help keep your cool. Don't try to learn an entire course in the span of a week. Focus on the most important points. Budget time for studying, and just as importantly, budget downtime as well. In general, your productivity will decrease

the longer your study session lasts. Break the time up into smaller increments, interspersed with things you find enjoyable and relaxing.

If things are going particularly badly, and you know there's nothing you can do to improve your situation — we've all been there — then remaining stressed out about it won't do any good. Whether or not we are stressed out is to a large extent within our control. Sometimes it's necessary to accept our predicament and move

on. If we waste our time regretting all those late nights spent at the bar instead of doing homework, or worrying about how badly an exam will go, then we lose the enjoyment of the present.

Most importantly, remember that you're not alone in your struggles. Final exam season is stressful for everyone — even the most prepared student — and chances are the person sitting next to you in your MATH 113 exam is just as nervous as you are.

STUDY TIPS

Studying can be daunting when you haven't gone to a class since the midterm and you have five textbooks you need to study in the course of a week. To help you make sense of your studying and to actually be effective in your studying, here's some tips.

Make sure you know what's going to be on the test and what isn't

If the specifics of what will be tested on aren't in the syllabus, make a meeting with your prof to make sure you know

exactly what will be on the exam. Is the whole textbook fair game or only the concepts you covered in slides? Make the distinction now to avoid tears.

If you don't get your tests back:

Go to the exam registry at su.ualberta.ca/services/infolink/exam. It's a beautiful tool that has past exams from a lot of teachers, so you can get a feel for the styles of questions you should be prepping for. Do they like definition questions or problem-solving ones?

Get the ideas to stick in your head:

Half of the battle when you're studying is just memorizing four months worth of information. To help remember information, invent a ridiculous example where you can apply chunks of your terms or concepts. The silly nature of your story makes studying more fun, and since you're recalling something funny instead of sitting in a lecture hall, it'll be easier to bring the terms back when you're writing the test.

Don't only memorize terms

Chances are you're going to need to actually apply the terms to an example, so knowing what words mean isn't your best plan of action. Use Venn diagrams to compare and contrast ideas. Make concept maps. Create examples of when the concept would be applied. If you work to apply your knowledge when you're studying, you'll be able to contextualize the knowledge in a stressful, test situation.



MENTAL HEALTH RESOURCES

Finals can be incredibly taxing on both a physical and mental level. Don't write off symptoms of physical or mental illness as just being "stressed out."

Finals can take a toll on anyone, regardless of physical and mental health history. If you don't feel like yourself, or you just need someone to talk to, the university has you covered with a variety of physical and mental health services.

University Health Centre

Located in SUB 2-200, the University Health Centre provides professional and confidential services to students with both mental and physical health issues. Drop-in hours are available from 8:30-4:30 Monday through Friday.

Counselling and Clinical Services

Tucked away in SUB 2-600, the Counselling and Clinical Services office provides both psychological and psychiatric services including personal therapy, drop-in workshops, and group therapy. Hours of operation are from 8 a.m. to 4:30 p.m. Monday, Thursday, and Friday and from 8 a.m. to 7 p.m. Tuesday and Wednesday.

Peer Support Centre

Just need someone to talk to? The Peer Support Centre, found in SUB 2-207 is there for you. Providing peer-to-peer counselling, the Peer Support Centre is an invaluable resource for students looking for some informal talk-therapy. Hours

of operation are from 9 a.m. to 8 p.m. Monday through Friday.

Chaplains Centre/Interfaith

For those who are more religiously inclined, the Chaplains Centre and Interfaith can provide spiritual counselling and advice, as well as a space large enough to fit a prayer group or other religious gathering. The Chaplains Centre is located in HUB 169 while Interfaith can be found in SUB 3-02.

If you are faced with a sudden crisis or instance of distress over exams, but cannot make it to one of the above services, call the Edmonton Distress Line at (780-482-HELP) for 24-hour help.

COPING WITH FAILURE

Sometimes no matter how hard you study, things just aren't going to go well and you might find yourself with an F on an exam. Instead of panicking or going into an alcoholic spiral to cope, know the ways that you can handle a failing grade.

Wendy Doughty from the Student Success Centre stresses that if you leave an exam feeling like it went terribly, don't sit at home and avoid looking at BearTracks thinking that the grade will go away. If you feel like the exam didn't go well, or you're already looking at an F, talk to your professor about the possibility of a rewrite, or have the exam remarked.

"The key word is 'act,'" Doughty says.

"There are critical periods of timing that are involved. There are clear stipulations about (failed exam) situations in university policy and you need to act before you miss those opportunities."

One thing to keep in mind while watching BearTracks for grades is the F1 on a transcript. This means that some requirement of the course was not completed. A lab could have been not handed in or a report from earlier in the semester could have been lost.

"This is another opportunity that students often miss because students don't know what it means or they are avoiding looking at their marks so they don't see it,"

Doughty notes. "After a certain period of time it will be converted to an F."

If you find yourself with an F1, contact your professor immediately. If a report did get lost, you may be able to resubmit it and avoid losing that weighting in your final grade.

If you try all of these tactics and are still left with an F, don't stress out. You can always retake a course to bring up your GPA in following years. While it's a shitty feeling, the reality is that your life isn't going to end if you fail a class. Take a deep breath, and use it as a learning experience for the second time around.

QUICK TIPS

Give yourself extra time to get to campus.

There's no worse feeling than sleeping in and realizing you won't make it to campus on time for your exam. If you live outside of Edmonton or rely on public transit, you might want to aim to get to campus an hour before your exam starts. That way, you'll have some buffer time in case your bus (inevitably) doesn't show up, or you hit the snooze button too many times. Best case scenario: you get to school super early, and have some extra time to chill out and cram.

Bring a snack.

Maybe Gatewayers are just starving savages, but we believe hunger is one of the biggest distractions while writing an exam. Plus, it's kind of embarrassing to have your stomach growling in a silent room for two hours. Leave a discreet food item on your desk before the exam begins, then you'll be able to grab it

mindlessly when you need it. Some quiet options include a granola bar (unwrap it before the exam starts) or grapes.

Be positive.

Okay, if it's 3 a.m. and you're nursing a caffeine headache this might be hard to believe. But, your outlook on taking the exam will usually impact your outcomes. Remember (or at least imagine) that your instructor likes you and wants you to do well. Think of the exam as a way to prove yourself and show off all the ballin' knowledge you learned this semester. As lame as it sounds, think of finals less as daunting examination and more like a talent show.

Practice self-care.

Maintaining balance in your life is super hard — but super important — during high-stress times like finals. Performing self-care is doing anything that makes you feel like you're de-stressing and

taking care of yourself. For some of us, that can mean cleaning our rooms or doing laundry, and for some of us that means having sex or eating pizza with friends. Attending to your physical and mental health during these tough times usually pays off — chances are, if you're well-rested, well-fed and well-showered, you'll feel even more inclined to kick all of your final exams' asses.

At the end of the day, it's just a test.

And after the exam, you're still a cool person who can't be defined by their grades. Of course, school is really important and your GPA may impact your options in the immediate future. But, chances are that you won't be shut out of your dream job or grad school because of one exam. Chill out, study hard, and remember that if worse comes to worst, you can always re-take the class, or graduate a semester later, and the world won't end. Promise.

PLAYLIST

It's hard to find good study tracks. Some will just put you to sleep while other are super distracting with their crazy saxophone solos and sexy lyrics. Here's a list of ambient tracks to help you stay on track during your all-night cram session.

Grimes - "REALiTi"

Claire Boucher's ethereal lyrics fade into the background of this fun track, so you can be softly serenaded while you realise that adulthood is imminent and probably more fun than reading a textbook.

Gold Panda - "We Work Nights"

Wake yourself up with Gold Panda's fun-yet-chill synths. Laugh at the irony of the track title. Cry when you realize that you haven't retained any information for an hour.

Sufjan Stevens - "Should Have Known Better"

You should have known better than to start studying for your final the night before. Let Sufjan's gorgeous lyrics and soft instrumentals get you through those last few chapters of the textbook.

Salem - "Skullcrush"

Witch house makes for good study music because it's ambient enough to fade into the background of whatever you're doing while also being mildly spooky so you are on edge because there's probably a ghost behind you.

BANKS - "Brain"

Prime your study center with this ode to your thinking muscle. It starts slow and builds to BANK's powerful vocals, so if you accidentally fell asleep you'll be woken up by someone yelling at you.

Royksopp & Robyn - "Monument"

Robyn's awesome vocals were weirdly subdued in her collaboration with Royksopp, and since they aren't at the forefront they aren't too distracting. There's a few different instruments that pop up over the chill electronics, so it stays fun and upbeat.

Kavinsky - "Nightcall"

Righ from the *Drive* soundtrack, this track is the ultimate for feeling badass during the nighttime. Just pretend your MacBook is your getaway car and your practice exams are Carey Mulligan.

IF THESE TRACKS DON'T DO IT FOR YOU...

there's always *The Social Network* soundtrack. It's the perfect background music. Trust us.

FARM SANCTUARY

ONE WOMAN'S MISSION TO FIND COMPASSION
TOWARDS LIVESTOCK

Written by Kevin Holowack

Photos by Kevin Schenk, Lara Kmech & Spencer Nichols

When pigs are frightened, they will sometimes stick their heads in the corners of their pens.

That's one of the facts you learn when you run a farm animal rescue sanctuary.

"It's a defence mechanism," explains Melissa Foley, the founder and head-operator of the Farm Animal Rescue and Rehoming Movement, or FARRM for short. "If they can't see you, they can sometimes convince themselves that they're hiding."

She pauses for a moment, and then continues, blankly:

"Supposedly they advantage of this on factory farms and abattoirs. If they scare all the pigs into the corners, it's a lot easier to grab them."

If you're coming from Edmonton, it's about a 45-minute drive. On your way through Wetaskiwin, take a left at the Husky station and continue until you reach the gravel road.

Nestled between acres of small farms is the FARRM base. It's a new operation, having started in 2014 as a project to rescue potbelly pigs from incompetent owners looking for a "fad pet." But FARRM has since expanded, now providing shelter, food and medical attention to almost 60 creatures, including pigs, goats, horses and chickens, with more animals arriving on a regular basis.

FARRM's website lists their *raison d'être* as providing "care and space for the sick and injured as well as an adoptions centre open for people to visit who may be interested in providing a compassionate home for animals with a less than honourable history."

Foley is a poster child for proactive compassion and justice for animals. Aside from working a full-time job, she and her fiancé are also the primary caregivers for the animals. Foley also finds space in her schedule to meet with guests and give informal tours of her property.

On a cold day, Foley will often bring her guests into the surprisingly comfortable pig shed, where they can watch the animals play, sleep and huddle together for warmth. As most people know, pigs are phenomenally diverse animals, both physically (FARRM houses several types of *Sus domesticus*, which vary greatly in shape, size, and colour), but also in terms of personality.

A guest on FARRM has the chance to watch many of these rescued animals first-hand, and the pigs are usually the first to greet them.

"We spread some coconut oil on Micky to help with a skin condition," Foley explains as she watches the pigs leap over one another in

hay. "But pigs love the smell of it, so we always have to stop some of the more boisterous ones from licking him clean."

"Don't be surprised if some of the shyer ones linger in the back, though."

But life on FARRM is far from lighthearted. Because it's run entirely by volunteers and funded by donation, it depends on sympathy and generosity to keep things operating smoothly. Thus, creative solutions often take the place of proper infrastructure and investment, as Foley explained recently in an interview with Global News:

"We are literally every day in survival mode, as far as funds go," she said. "Every shelter I have on my property that wasn't meant to be a shelter has now been turned into a shelter for some animal in some way shape or form."

The appearance on Global News resulted in a much-needed windfall of donations, but as with all not-for-profits, an influx of money is a temporary solution to immediate problems. The future remains uncertain, and FARRM is gearing up towards difficult times. Several barns must be built or repaired, fences need to be erected, trenches are yet to be dug, and a collapsed well forces Foley and any volunteers to haul water long distances with buckets.

Not to mention, abused animals continue to flow in, frequently battered, and often plagued by mental and physical illnesses — including, most recently, several birds suffering from contagious tuberculosis. On top of all of this, proper veterinary attention has become something of a Holy Grail.

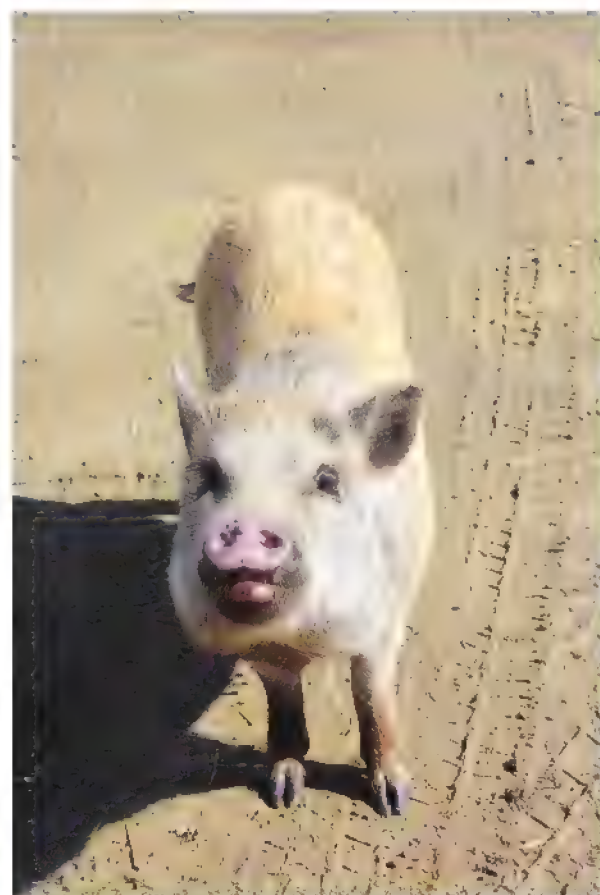
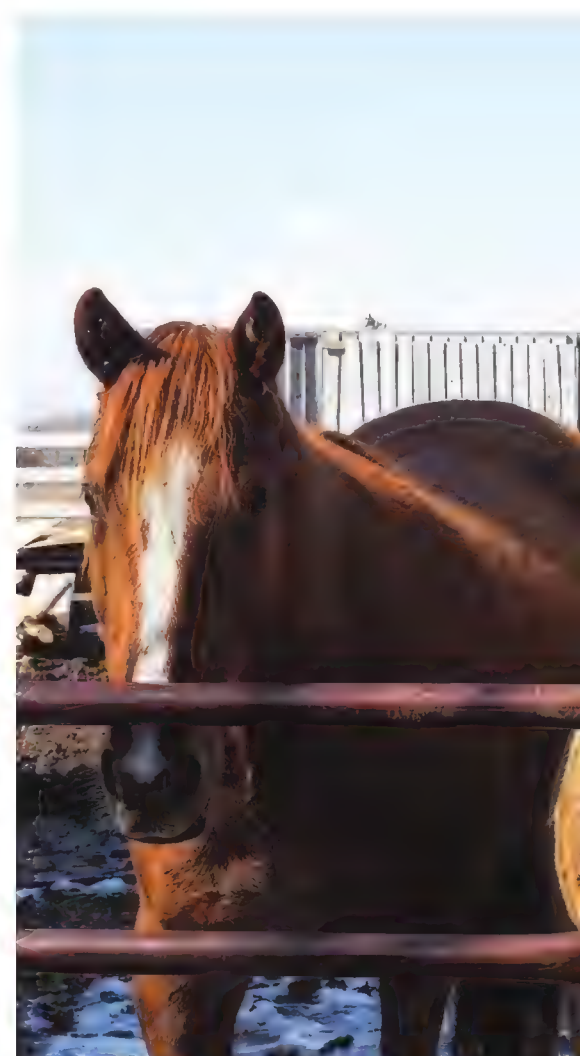
Compared with organizations like the SPCA, which deal exclusively with house pets or wildlife, the hardships faced by FARRM are tremendous. The question that inevitably arises, is why? The answer, it would seem, is social as much as it is economic.

Stephanie Belland, a MacEwan University student and long-time volunteer for FARRM, says social stigmas often exclude farm animals from activism's eye.

"People don't want to be impacted by these animals because they're 'farm animals' or 'livestock,' and not 'pets,'" she says.

An issue like farm animal rights, she suggests, is simply "not palatable in the same way zoo animal activism and fur animal activism are."

The discrimination faced by farm animals manifests itself in several ways. Vets working in the cities are not allowed to provide treatment to livestock, but as for rural vets, it's simply a matter of callousness, Belland says.





“FARRM is about supporting a movement of compassion”

“(Rural vets) are usually reluctant to deal with animals on a small scale, unless it’s a matter that would affect business.”

This is especially true of chickens. Unless a suffering, diseased chicken is likely to infect the rest of the flock, and thus impact the livelihood of a farm, the doctor often won’t take the time to examine them.

“They simply don’t see them as individuals. The mentality among most rural vets is that animals like this are not worth the cost of saving them,” Belland says.

Belland’s particular interest in hens stems from an incident at a farm animal auction in rural Alberta last spring.

When Belland went to explore the back of the building where the auction was taking place, she discovered a group of hens that had been discarded alive. Their bodies were still crammed into small battery cages: a standard practice in commercial agriculture.

“We’re fairly certain that these birds were once battery-hens because some of them had been de-beaked, and one of them had suffered a dislocated rib,” Belland recalls.

The commercial chicken industry would inoculate this phrase and call these birds “layers.” In either case, they were too diseased and emaciated to raise any money, and so were left to starve to death in the trash heaps.

These hens were rescued, and promptly given some much-needed care. But stories like this rarely have happy endings.

Like many factory-farmed animals, she explains, these were “genetically engineered birds.” They were deliberately bred to lay copious amounts of eggs, which puts tremendous stress on their bodies, leading to burn out after a few years. Most of them have already died, and now there are six left, suffering from varying degrees of tuberculosis.

These hens’ situations are far from extraordinary. All the denizens of FARRM have a story behind them, some more heinous than others.

There is a horse named Jax, who was beaten so viciously that he sucked in his cheeks from stress (as many horses do when they experienced trauma), leaving permanent divots in his face.

Then there are the piglets whose mother had been shot by a farmer who mistook her motherly instinct for unmediated aggression. When the piglets were found, they were still trying to suckle their mother’s corpse. The list goes on.

A possible reason for this treatment of livestock animals has to do with the way people are alienated from their food in a high-consumption

society. This is especially true of animal products, and although the stories of these individual animals of FARRM may be touching, they are a drop in the ocean compared to the number of farm animals living exploited lives all across North America.

To put things into perspective, U.S.-based meta-charity Animal Charity Evaluators has calculated that “(for) every one dog or cat euthanized in a shelter, about 360 farm animals are confined and slaughtered.” In 2013, this amounted to 274 chickens killed per second in the United States alone, as well as 13 other farm animals. The numbers in Canada are almost exactly proportional to our population, despite all stereotypes about Canadians being “kinder” towards other creatures.

And as Animal Charity Evaluators points out, the amount of money being donated to organizations that focus on farm animals is incredibly inconsistent with the amount of animals being systematically annihilated by commercial farming. The vast majority of donations, it seems, continue to flow to pet animal sanctuaries and campaigns against vivisection and commercial animal testing.

With hardly enough space for the animals they have, FARRM could hardly hope to take in the 650 million animals killed for food every year in Canada alone, the vast majority of which were raised on factory farms.

FARRM’s website presents their mission statement, an impassioned display of their founding ethics and goals. Considering the tremendous destruction of farm animal life in North America today, the first line sticks out the most: “Together we hope to create a world where we are no longer needed.”

With enough dedication from its founders and enough generosity from volunteers and donors, they might one day gain enough steam to give farm animal sanctuaries their proper reputation as movements for greater justice and fairer treatment. In the meanwhile, FARRM remains a rare testament to the power of compassion to take a stand against the exploitation of the most vulnerable creatures.

“When it comes down to it, FARRM is about supporting a movement of compassion,” Foley says. “If one animal can make an impact on a few people, and they decide to join the cause and talk about it with their friends, then the movement can grow.

“Even one animal can cause a lot of change.”



Arts & Culture

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Volunteer
Arts meetings every Wednesday at 4pm

social intercourse

COMPILED BY Maggie Schmidt

Pop-Up Shop

Fine Arts Building
Wednesday, Apr. 8 at 2 p.m. – 5 p.m.
Free

By the end of the year, your dorm room and all of your school supplies look outdated and are way overdue for a makeover. Luckily, the University of Alberta Illustration Design class is putting on a pop-up shop to showcase the work they did over the past semester so you can own something from a graduating artist before they go off into the world and become famous. With everything from wall art to notebooks, you finally have the chance to guarantee that you're the most hip person studying on the quiet floor of Rutherford during finals.

Motorbike James

w/ Rolla Olak and guests
Wunderbar (8120 101 Street)
Friday, Apr. 10 at 9 p.m.
\$10 at the door

The last time Motorbike James performed a live set, every patron in the packed atrium of the Artery danced so hard that the structural integrity of the building proved to be sturdier than the new Groat Road Bridge. Guests are yet to be announced, but the psychedelic-country-rock gem Rolla Olak will open the night and get you loose enough to groove out to the eclectic styles of Motorbike James. Wunderbar's capacity is less than the Artery's, so be sure to get there early enough to guarantee that you can be one of the sweaty bodies in the crowd. You don't want to be stuck outside for this one.

Last Day of Classes

Dinwoodie Lounge (SUB)
Friday, Apr. 10 at 12 p.m. – 5 p.m.
Free

Do you long for the good old days of Week of Welcome, where you ditched Syllabus Day to sit in the beer gardens of Quad and listen to some rad bands and hot DJs? Relive those glorious moments on the last day of class, conveniently hosted in Dinwoodie Lounge in the off-chance that we get another Arctic blast to offset our dreams of Spring. With beer, live DJs, and some unnamed "live music", it's setting up to be an anti-Week of Welcome. It's the ideal last hurrah before you burrow yourself in piles of notes until finals are over.

See a Live Owl

Wild Birds Unlimited (12204 107 Avenue)
Saturday, Apr. 11 at 11 a.m. – 4 p.m.
Free

In case the name of the event doesn't give it away, See A Live Owl is your chance to see and pet a real, live owl, while learning about how cool owls are for the environment. Sure, it may be geared more towards children, but it's not like owls aren't just as cool when you're in university. It's like pet therapy, but more exotic. Wild Birds Unlimited is only a few minutes' walk away from some of Edmonton's great hangout spots like Iconoclast and 124 Street, so you can make a whole day out of your awesome bird-petting adventure. The real way to impress a date is to incorporate some owls into your coffee drinking plans.



KEVIN SCHENK

Blackheart Burlesque redefining beauty

EVENT PREVIEW

Suicide Girls Blackheart Burlesque

WHEN Friday, April 10 at 9 p.m.
WHERE Encore at West Edmonton Mall (8882 170 Street)
HOW MUCH \$25 (unionevents.com)

Kieran Chrysler

ARTS & CULTURE EDITOR • @CHRYSLERRR

When very limited representations of attractiveness are sensationalized, unconventional forms of beauty are often overlooked.

"What people think makes us weird, or fucked up, we think is what makes us beautiful": This is Missy Suicide's mantra for the Suicide Girls, an online collection of alternative pin up girls. Started in 2001, the website features pierced and tattooed pin-up models striving to redefine what is considered beautiful.

The brainchild of Selena Mooney (Missy Suicide) started at a point where the most celebrated form of beauty in the media were either waif-thin models or Pamela Anderson-esque buxom blondes. She wanted to recognize the beauty of the women around her on

a public platform.

"I thought that the girls that I knew were some of the most beautiful girls in the world," Mooney says. "But everywhere I looked in the media there was no one like them at all. I wanted to showcase their beauty. So I took pin-up style photos of them and posted them online."

Where Suicide Girls differentiates itself from other pin-up sites is the personality that each girl can bring to the blog they are provided when they create an account. They can share their ideas and their interests with their followers, giving them more personality than the average pin-up.

Since its conception, Suicide Girls has grown from a select few of Missy Suicide's friends to almost 3,000 models from every continent (including Antarctica). 25,000 women apply to be a Suicide Girl each year — it has become such a worldwide phenomenon that expanding into a touring show seems like a natural progression.

Armed with nipple coverings and fishnet stockings, the touring Suicide Girls: Blackheart Burlesque was born.

"In the same way that the photosets are an update on the classic pin-up, the Blackheart Burlesque is an update on classic burlesque," Mooney says. "So the girls get to bring their personalities and their interests."

The burlesque features intensely choreographed dances, all with a geeky themes ranging from Game of Thrones to superhero

to Fifty Shades of Grey. While the act is choreographed, the girls are allowed to bring their own ideas and interests to the burlesque. From stripping Hermione Granger to sexy Adventure Time, everything and anything is fair game.

"The girls have various geeky pursuits so we tailor the dances to be what's happening in pop culture," Mooney notes.

Just like the process for becoming a Suicide Girl, the process for becoming part of the Blackheart Burlesque troupe is difficult and strenuous. A tryout was recently hosted, where 80 girls auditioned for a chance to be a part of the group. They keep between 25–30 girls rehearsed at all times, and whoever is available for different legs of the tour go.

Along with rotating troupes, the show is also a little different in every country. The host of the evening changes frequently, along with some changes to the nature of the show. Mooney notes that after Canada, Blackheart is heading to Singapore, where because of different laws, the show needs to be a little tamer.

While aspects of the show may shift from country to country, the show always maintains the same goal of broadening standards of beauty. The Blackheart Burlesque promises three things: babes, boobs and a lot of body modifications.

"The girls get little black heart tattoos for every time they go on tour," Mooney says. "So some have one and some have five, so that's a little thing to watch for."



KEVIN SCHENK

the **brewcrew**

WRITTEN BY **Kieran Chrysler**

Cracked Canoe

Brewery: Moosehead Breweries

Sometimes when you're in the middle of writing your third paper (or article) of the night you need a bit of a pick-me-up. If you jaunt off to the liquor store as a study break, skip picking up Cracked Canoe.

It's technically a craft beer, meaning it's going to run you more than your average light lager. On the nose you have every other cheap light lager that you could have paid \$10 for a 12-pack. The pour produces no head and a lot of carbonation, so your pint glass will look like you poured yourself a big glass



Available at: Sherbrooke Liquor Store
(11819 St. Albert Trail)

of sparkling apple juice. Trust me, you're better off with the apple juice.

There is next to no flavour in this beer, so if you like feeling like you're drinking yeasty sparkling water then this is the beer for you. There is literally nothing else to say about this beer because it is so bland.

If you're looking for a light beer, skip Cracked Canoe and opt for some Pabst Blue Ribbon. You'd have some chance to get a bit of flavour that way, and you'll save some money. I'm just glad that I picked this up from the single-bottle bin to preface my bottle of wine.

fashion streeters

COMPILED & PHOTOGRAPHED BY **Christina Varvis**

Mergim Binakaj

SCIENCE IV



ALBUM REVIEW



Matt and Kim

New Glow

Harvest Records
harvestrecords.com

Kieran Chrysler

ARTS & CULTURE EDITOR • @CHRYSLERRR

Matt and Kim never cease to be a good time, but that is really all they are — a good time.

Since their first album in 2006, the indie duo have kept to the same formula. Vocalist Matt Johnson provides the melodies and the looped harmonies and drummer Kim Schifino backs the whole thing up with fun drum lines. The tracks on their latest work, *New Glow*, are all upbeat party anthems, artfully crafted to be fun to scream

after four too many beers. "We don't want to go home," is shouted at the listener multiple times in the single "Get It." "Hey Now" lets the listener know that "If you died I'd die right by your side." The clichés are abundant.

There's nothing inherently wrong with their fifth album, *New Glow*. It's fun, dancey and sure to get a room full of people hyped. The problem is that it's exactly the same, if not more irritatingly saccharine

than every other piece of music the fun friends from Brooklyn have produced. For example, one track is called "Hoodie On." It's literally about wearing a sweater.

They have tried to change up their music a little bit — the synths are more trap-inspired and there's a few more attempts at rapping then should be coming from two white kids. There's a few more horns mixed in as well, making the record sound less "do-it-yourself" than in the past, but that would be a natural progression for a band that used to sound like they recorded in their friend's basement.

Matt and Kim are the two people you want to have at every party. They're fun, upbeat and a good time. But after partying with them for five straight years, it's becoming clear that their schtick is getting old.

Vino Bitches

WINE: **Gazela Sparkling**

Written by: **Maggie Schmidt**

On the shelf, Gazela looks like it embodies summer. The bottle and wine are clear, sort of like the refreshing waters of the coast, and the label features exotic flowers and a hummingbird. In a way, it's the ideal choice for a wine aesthetic to prove to the weather gods that winter is over and that freak snow storms aren't acceptable anymore.

As a sparkling wine, the bottle comes with a wire cage and a cork that needs to be wiggled until it inevitably shoots out from the force of the carbonation (or something like that, I'm not a physicist). This is fine unless you have an irrational fear of popping sounds, and it took me fifteen minutes to gather the courage to finally open the bottle.

Gazela smells light, slightly sour, and is reminiscent of my aunt's breath. It's a dry wine, so the initial overwhelming tartness goes away almost instantly after swallowing. Additionally, it's got loads of bubbles, so it's best to refrain from chugging. Instead, it's ideal for drinking out on a finely-trimmed lawn while you risk skin cancer in order to look good by society's standards.

In fact, Gazela tastes sort of like a suburban stay-at-home parent's life. The sour flavour could easily be concocted at home with vodka, cheap chardonnay, and Perrier water. At 11 per cent alcohol, it's strong enough to forget whatever annoyances you face day-to-day.

Whether you're trying to drink to forget the last icy blasts of winter, or if you're testing the waters to see if being a trophy wife or husband is the life for you, Gazela is there for you. The playful wine whose label uses too many adjectives is relatively agreeable with the stomach and is handsomely strong enough to be worth the price it's selling for.



Price: \$13.99 **Available at:** Liquor Depot

GATEWAY: Describe what you're wearing.

BINAKAJ: Let's start from the bottom, because shoes are most important. I'm wearing a pair of black Paul Smith double monks, Yohji Yammamoto socks, Kapital jeans, an A.P.C. raincoat, an A.P.C. sweater, a Paul Smith shirt, a Paul Smith umbrella, a Mason Margiela bag and a Versace scarf.

GATEWAY: What do you think is lacking in fashion today?

BINAKAJ: One thing that I don't really like is that people are fairly afraid to be expressive. People really get locked into niches in terms of what they want their fashion to be. People self-identify with labels like a "hipster," "urban" or "preppy."





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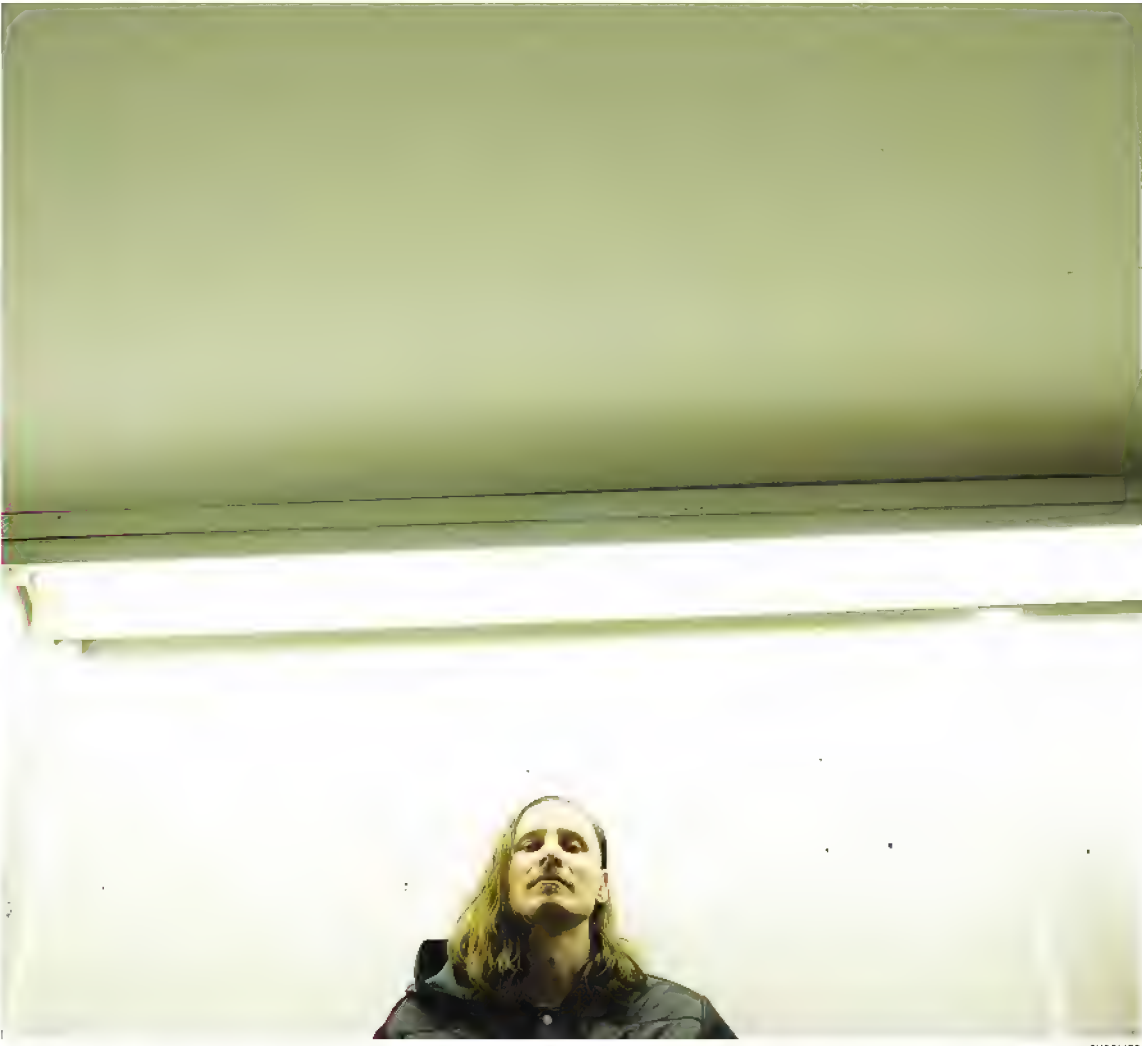
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SUPPLIED

Synthesizing with old equipment

MUSIC PREVIEW

Egyptrixx

WITH Caribou
WHEN Wednesday, April 15 at 8 p.m.
WHERE Union Hall (6204 99 Street)
HOW MUCH \$25 (ticketmaster.com)

Maggie Schmidt
ARTS & CULTURE STAFF

The only way for most modern electronic music artists to keep their head above water in the industry is to keep buying newer, more elaborate, more expensive synthesizers and other new technologies in order to create clean, crisp tracks. But for Toronto-based Egyptrixx, the aim is to create gritty, heavily texturized layers of sound.

For his third studio album, *Transfer of Energy (Feelings of Power)*, the mastermind behind Egyptrixx, David Psutka, used a tight musical palate to achieve a heavy, yet totally danceable, wall of sound.

"I scraped together a couple of sounds that I think worked for the intention of the record," he describes. "I wanted it to be clanky and tough-sounding."

In order to achieve this, Psutka chose to use old, cheap synthesizers from what he describes as "a combination of access and curiosity." Equipped with a DX7, System100, JX3P and some modular synths, he got to work creating layers of noise for the album. It's by no means Psutka's first rodeo, having worked as a sound producer for many years.

"I put a lot of energy into sound design and I'm very interested in the texture of sounds," Psutka describes. "Working as a studio producer has given me better skills to work in that way. I have a little more familiarity working with sound, creating sound."

Psutka's hard work bore delicious fruit. The album stands out as an artistic expression rather than succumbing to the headache-inducing cacophony of sound that is so typical of experimental electronic artists. The 45-minute long, seven-track album has been extremely well-received since its release in February of this year.

Some of the success following *Transfer of Energy (Feelings of Power)* can be attributed to Egyptrixx's ongoing collaboration

with the visual artist ANE, who provides music videos and visual elements for live shows. The music video for the album's title track, for example, features gritty imagery of futuristic cities paired with high-contrast, highly texturized moving patterns.

This visual aspect is brought into live Egyptrixx shows in a constantly evolving manner, with unique changes to the performance catered to fit in any venue.

"We tailor each show and performance so that it works for the space," Psutka explains. "They're different each time."

All too often, musicians ignore the power of combining visual art with live sound.

It's not easy to stand out as an electronic music artist, only those who can create a more interesting, cohesive sound have an edge over the thousands of budding wannabes. Instead of clamoring for new and expensive instruments like so many others, Egyptrixx's gritty, well-produced layers of sound from old, inexpensive synthesizers has proven that more can be accomplished with less.

"I used whatever I had access to," Psutka says. "I can't just go buy a new piece of equipment."

ALBUM REVIEW

Lee Harvey Osmond

Beautiful Scars

Latent Recordings
latentrecordings.com

Jason Timmons
ARTS & CULTURE STAFF • @JOURNOPHOBIC

The genre of psych-rock is one filled with a multitude of good artists, but few great ones. Many projects capture the slow, seductive pace and trance-inducing vocals, but few ever truly tap into the full nature of psychedelic music.

Unfortunately for Lee Harvey Osmond, their music falls firmly into the category of good, instead of "great". There's nothing wrong with their latest album, *Beautiful Scars*, but there's nothing particularly special about it either.

By experimenting with a variety of sub-genres within the overarching grasp of psych-rock, Lee Harvey Osmond attains a great cross-section of musical ability with *Beautiful Scars*. From the soothing campfire-rock tones of "Come and Go," from the sexy, saxophone-ridden "Blue Moon Drive", Lee Harvey Osmond manages to cater to a diverse crowd, creating an album that will undoubtedly have wide acclaim.

What stops *Beautiful Scars* from being a truly great psych-rock project is the lack of cohesive feel between tracks. A truly great psychedelic album gives the listener a borderline hallucinogenic experience from the second the needle hits the record to when it's lifted. The same diversity that will cause the album to be widely acclaimed and enjoyed is also what prevents it from being a great psychedelic experience. The differences in song structure and genre between tracks are almost jarring, and impede a cohesive listening experience.

At the end of the day, we're often left with many good musicians and very few great ones. For the time being, Lee Harvey Osmond will have to reside firmly in the "good" category, due to their attempt to do too much within the confines of one album.

Unrealistic portrayal of choirs and singing children

FILM REVIEW

Boychoir

WHERE Landmark Cinemas (10200 102nd Avenue)

WRITTEN BY Ben Ripley

DIRECTED BY Francois Girard

STARRING Dustin Hoffman, Kathy Bates, Eddie Izzard, Josh Lucas, Garrett Wareing

Now Playing

Holly Detilleux

ARTS & CULTURE STAFF

You probably never thought children's choir could be this dramatic, but *Boychoir* will do its best to prove you wrong.

For a film centred on children's choir, it even manages to give a shockingly low focus on the kids.

The film centres on Stet (Garrett Wareing), an 11-year-old boy from Texas. He's an angry kid who lives with his alcoholic single mother. At school, he disrespects his teachers and fights. That is until his middle

school principal recognizes his talent for singing. How? The film doesn't really say. However she gets him an audition with the choir master (Dustin Hoffman) of the nation's greatest boy choir. He fails the audition on his own accord and runs off from school.

While walking around his town sulking, his mom dies in a car accident which ultimately sets all other events in this movie into motion. In walks his estranged and well-off father (Josh Lucas) with another family. He decides to take advantage of Stet's apparent musical talent and try to bribe his sons way into the cleverly named "National Boychoir Academy" from

earlier in the film. In a convenient turn of events, he is accepted into the school.

The school is full of highly trained singers who know much more about music than Stet. The kids are serious and are under a lot of pressure to perform, introducing the viewer to some of the most evil children imaginable. Stet forms an intense rivalry with his roommate Devon (Joe West), arguably the most talented singer at the school. The kid is a comic book-esque villain, going so far as to sabotage Stet at a major performance and publically embarrass him on multiple occasions. However Stet soon finds support in his teacher

(Kevin Mchale) and his choir master who mentor him in an attempt to grow his talent.

While seemingly a movie about children, *Boychoir's* highlight is the adult acting. Eddie Izzard and Kathy Bates star alongside Dustin Hoffman as the choir master's right hand and principal. The cast gives many an impassioned performance, providing a light humour and plenty of raw emotion.

At first glance, they could have made this a children's choir rendition of *Glee*, but almost no modern songs are sung in this film. Instead, only the most formal classical pieces of music are ever

sung, which is probably for the best. However, what makes this movie so hard to believe is how ridiculously passionate every character in the film is about children's choir. The drama genre of film obviously must produce intense scenes, but it's a struggle to take most of the drama in *Boychoir* seriously.

For a film centered on children's choir, it even manages to give a shockingly low focus on the kids. It tries to be inspirational and heartwarming, but inevitably fails due its dull subject matter.

It's unclear who the target audience for the film is. *Boychoir* is equal parts forgettable and predictable.



SUPPLIED MONGREL MEDIA

Kiesza dancing her way to inspiration and self-expression

MUSIC PREVIEW

Kiesza

WITH Betty Who

WHEN Wednesday, April 22 at 7 p.m.

WHERE Union Hall (6240 99 Street)

HOW MUCH \$30 (songkick.com)

Kieran Chrysler

ARTS & CULTURE EDITOR • @CHRYSLERRR

Articulating beliefs through music can be challenging, but Kiesza Ellestad has it figured out. Through her music and her videos, she is carving her own method of self-expression in a sea of vapid pop music.

A Calgary native, Ellestad, better known as Kiesza, left the city in 2007 to attend Selkirk College in Nelson, B.C. After that, she moved

from Berklee in Boston to New York City to work on her songwriting.

"My music is about life experience. I try to write about things I've been through and I think other people go through. I try to connect with people through my music."

KIESZA ELLESTAD
SINGER

"The writing scene is LA more than New York but New York was more my style," Ellestad says. "It inspired me more as a city. There are a lot of writers there and that's where I found the most inspiration."

Ellestad is best known for her "Hideaway" music video, a one-take project that features Kiesza dancing through a street to what was one of the biggest songs of summer 2014. Since then, her album *Sound of a Woman* was released, and she's produced two more music videos. Though "Hideaway" was a hugely successful project, she's looking to show more to her fans.

"They're seen me dancing on the street," Ellestad says. "And there's a lot more to me as an artist than the girl who dances."

The video for her second single, "Giant in My Heart" takes a much more narrative turn. The video features a man caught in a dead-end job, who is only happy after work when he goes out on the town as a drag queen. The video is Ellestad putting forward a message that she

strongly believes in.

"You won't be happy until you express yourself the way that you are," Ellestad says. "If you suppress yourself and try to fit into the standards of society because that's what's expected of you you're gonna feel like you're stuck in a box, you're in a prison within yourself."

Her third and most recent video, "No Enemies" brings back the dancing that got her noticed, but she admits that the video isn't her style, and would feel more comfortable with something that better represented her.

("No Enemies") was the first video that happened when I was a part of a label and it's honestly not my favourite video," Ellestad admits. "I liked that it had a concept but it felt way too big and way too glossy, and when I see it I don't see myself."

Being yourself is a big theme in Kiesza's life, and a big part of that is demonstrating that realness through her music. By sticking to what she believes, she is making music that can be universally appreciated.

"You won't be happy until you express yourself the way that you are."

KIESZA ELLESTAD
SINGER

"My music is about life experience," Ellestad says. "I try to write about things I've been through and that I think other people go through. I try to connect with people through my music."



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The top albums of the year (so far)

Jason Timmons
ARTS & CULTURE STAFF • @JOURNAPHOBIC

2015 has seen music heavyweights in every genre from hip-hop to indie come out with insane new projects that push boundaries and exceed expectations. Here are the best five albums of 2015 so far:

5. Earl Sweatshirt — *I Don't Like Shit, I Don't Go Outside*

One of the greatest artists to come from apparently, defunct rap collective Odd Future, Earl Sweatshirt uses dark, monotone verses to breathe life into old-school beats. Sweatshirt's latest release *I Don't Like Shit, I Don't Go Outside*, maintains the cryptic flow and down-tempo beats that define his style. This album earns its way onto this list not with its verses or its instrumentals, but with what it represents. Earl Sweatshirt is the next huge name in hip-hop, demonstrating a mastery of the dark moods and introspective nature of modern alternative hip-hop. Be on the lookout for more from Earl Sweatshirt — if he keeps going at this rate, he'll expand leagues beyond his humble Odd Future beginnings.

4. Action Bronson — *Mr. Wonderful*

Action Bronson wears many hats: Queens rapper, chef, TV host, street philosopher. With his latest studio release, *Mr. Wonderful*, he seems to fulfill all of those roles simultaneously. Rapping about everything from food, to girls, to other rappers, Action Bronson kills it in his signature "don't give

a fuck" style. Featuring guest verses from Chance The Rapper and Party Supplies, *Mr. Wonderful* is a hilariously awesome point in modern hip-hop where an album can be produced just for the hell of it. While far from perfect, *Mr. Wonderful* represents an important cog in the modern machine of hip-hop, one that refuses to take itself seriously, and instead pokes fun at the confines modern rappers find themselves forced into. Action Bronson is a breath of fresh air in a time inundated with over-serious music.

3. Sufjan Stevens — *Carrie and Lowell*

Sufjan Stevens has consistently represented the ideal form music can take through his career. His wistful strings support his barely whispering vocals as he weaves gut-wrenchingly emotional tales. *Carrie and Lowell* takes on an autobiographical tone, taking the listener on a journey through the story of Sufjan's mother, who was diagnosed bipolar and schizophrenic. This album stands as a testament to the personal nature of songwriting, and the beauty that can be derived from expressing ones most personal experiences. *Carrie and Lowell* artfully takes musical prose to a new and exciting level, one never before seen in Sufjan's work.

2. Viet Cong — *Viet Cong*

Viet Cong's first studio release *Viet Cong* destroyed all expectations, roaring to the forefront of Canadian music favour. The Calgarian post-

punk quarter utilizes vaguely psychedelic instrumentation to create a trance-like listening experience while filling the listener's mind with powerful and intricate lyrics. Viet Cong represents the quintessentially effortless musical power that is so highly sought after by musicians everywhere. At first listen, Viet Cong sounds like a slightly above-average post-punk experiment, but after a few times through the short seven-track album, the listener can release the sonic ingenuity held within the wailing guitars and hypnotizing lyrics. Viet Cong's self-titled release stands as a victory of Canadian music, proving that perfection is possible within the confines of an under-appreciated genre such as post-punk.

1. Kendrick Lamar — *To Pimp A Butterfly*

Bar none, *To Pimp A Butterfly* is the most important hip-hop album to drop since Yeezus. Not only is it obviously the best album of 2015, it could very well be the best album of the decade. Perfectly representing the socially aware, self-loathing direction of modern hip-hop, Kendrick Lamar has created a flawless masterpiece with *To Pimp A Butterfly*. From the diss-ridden "Hood Politics" to the oddly funky "King Kunta," Kendrick demonstrates his ingenuity while still showcasing his Compton roots. Nothing released this year can even come close to touching *To Pimp A Butterfly* in terms of production value, instrumentals, verses, or social relevance. Kendrick Lamar is the king, and no one will be taking his crown in 2015.



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What We Do in the Shadows

VAMPanorama

April 10 at 9:30
April 11 at 4:00
April 12 at 9:30
April 13 at 9:15
April 19 at 9:15
April 20 at 9:30
April 22 at 7:00

A group of undead gentlemen from central Europe have escaped the old country to share a house in Wellington, New Zealand, where they engage in domestic squabbles and face off with a rival gang of werewolves. They bite a faintly annoying guy, who duly turns into a vampire and brings along his non-vampire buddy, who becomes the object of a vampiric bromance crush. Directed by its stars, Jemaine "Flight of the Conchords" Clement and Taika Waititi, the rigour with which their hideous and crepuscular world is imagined, combined with the continuous flow of top-quality gags, makes this mockumentary a treat from first to last.



Beginners

Staff Pics

April 13 at 7:00

Beginners follows Oliver Fields through a series of interconnected flashbacks as he reflects on the life of his recently deceased, homosexual father, Hal. At the age of 75, shortly after the death of Oliver's mother, Hal comes out and begins exploring life as an openly gay man, leading him to find love with a young man and build a stronger relationship with his son. After his father's death, Oliver meets Anna, and inspired by his father's transformed attitude towards life and love before his death, Oliver decides to pursue a relationship with her even though his own views on romance are sceptical.

Shania Taylor is a member of Metro's Front of House staff. Now before you ask, yes, it is like Shania Twain and no, she will not (and more importantly can not) sing for you.



Bye Bye Blues

25th Anniversary - Part of FAVA FEST

April 17 at 7:00

Students: \$15 General Public: \$20

This legendary Alberta-made film is returning to the very theatre it premiered in 25 years ago as part of the fourth annual FAVA Fest.

Live jazz performance prior to the show!

Director Anne Wheeler, actress Rebecca Jenkins, and copyright lawyer Joel Bakan will be in attendance for a moderated conversation and Q&A after the screening.

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All-Canadian Game will put Canadian ballers on the map

Jason Shergill
SPORTS STAFF

Ever since 1978, the McDonald's All-American game has rounded up the best high school basketball players in the United States for a televised exhibition of future NBA stars.

The game has become a springboard for future success, as it's been an opportunity for everyone from Michael Jordan to LeBron James to get their first chance at national exposure. On April 14, Canada will become host to its own high school all-star game, as the top 24 high schoolers across the country will take part in the inaugural BioSteel All-Canadian Basketball Game.

The All-Canadian game comes likely as a result of the ever-increasing collective interest in the sport, with the top draft picks in the last two NBA drafts being born in Canada — Anthony Bennett and Andrew Wiggins — as well as Canada's lone NBA team, the Toronto Raptors, making the playoffs for the first time in six years.

Paul Sir, the Executive Director of Basketball Alberta, said the All-Canadian Game is the result of basketball growing into one of Canada's most popular sports.

"Basketball is the fastest growing sport in Canada and

its accessibility and low barriers to entry make it very popular," Sir said. "The rapidly increasing popularity of basketball globally makes the timing of this game appealing."

BioSteel and Canada Basketball — both of whom partnered to host the event — believe they can use

this game to help foster a culture of basketball in Canada.

"Just having a first class broadcast should, by extension, benefit all levels of the sport, including the CIS," Sir said. "The hope is that it will become a permanent fixture and raise the profile of our high school athletes."

Sir was a part of the 12-person committee tasked with selecting the athletes to participate in the All-Canadian game. As the only member of the committee from Alberta, he made sure that Edmonton's own Awak Piom from Harry Ainlay High School would make the roster.

"I worked hard to get Awak selected because he was deserving," Sir said. "He's a 6'3" two guard who can shoot the ball with range and create his own shot off the dribble. He's a dynamic player who can score a lot of points quickly, and was the leading scorer on our U17 provincial team."

While Piom serves as a source of pride for the basketball community in Alberta, there's still plenty of room for the sport to grow in the province.

"Alberta's basketball quality needs to improve if we want more players recognized at this level," Sir said. "There are many great players who come from Ontario, and the rest of Canada needs to strive to reach their level."

His point is emphasized by the fact that 18 of the 24 players selected for the All-Canadian game from Ontario. In fact, of the 11 Canadian players chosen in the last four NBA drafts, nine were from the Greater Toronto Area alone.

The game will be on April 14 and televised on TSN. On April 13, there will be a dunk contest and a three point competition for the players. If the game lives up to its hype and brings out a sizeable audience, expect this game to become a yearly event that showcases an improving talent pool of Canadian ballers, and the future of our ever-evolving national team as well.



CANADIAN CONTENT Andrew Wiggins is regarded as one of the best Canadian basketball prospects ever. PHOTO: BRENT BURFORD, MODIFIED BY: CAM LEWIS

Personnel decisions paying off for Golden Bears hockey team

Andrew Jeffrey
OPINION EDITOR • @ANDREW_JEFFREY

It may have seemed like an odd decision to some university hockey fans when the Golden Bears moved head coach Stan Marple to the front office as the organization's first general manager, but the move looks like a stroke of genius just three years later.

Most Canadian university hockey teams place a huge burden on their head coach. At most schools, that figure is responsible not just for leading the team to success and player development, but also for recruitment, fundraising and the general operation of the team. That's the role Stan Marple took on for a year, after spending time as a player and assistant coach with the Bears, and as a coach and general manager with the Guildford Flames of the British National League.

Just before the start of the 2012-13 season, the U of A bucked that trend. The Golden Bears moved the Marple to the front office as its first general manager in program history. To replace Marple behind the bench, the organization looked to its past and to one of the new GM's old teammates. Ian Herbers, a former Golden Bear who scored the game winning goal to win the 1992 national championship on the same team as Marple, was hired away from the American Hockey League to bring professionalism and improved player development to the Bears.

Since making that decision, the Bears have won a Canada West

conference championship every year of Herbers' tenure as coach, and are now two-time defending CIS national champions.

"I think Ian's record speaks for itself in that we chose the best person for the job three years ago, and he's done a terrific job," Marple said.

"When I sold him on coming here, I sold him on developing as a coach and his main job would be developing our players to become the best players they're capable of becoming. Then that allowed me as general manager to look after all the off ice stuff."

The switch allowed Marple to spend more time bringing in sponsorship money, run the team more professionally and hire a full-time strength and conditioning. This past season, Herbers and his players have consistently attributed their conditioning as a major factor in their success as national champions.

Allowing a coach with as much professional experience as Herbers, a former AHL and NHL player, to spend his time nearly solely on player development, has proven to bring success to the team and add to the storied history of the Golden Bears.

"We're trying to create an environment where when guys come from the Western Hockey League, they're not saying 'Oh darn, I didn't go pro, I guess I have to settle for the CIS,'" Marple said. "It's a real great opportunity for guys who were maybe on the verge of going pro, but decided to not put all their eggs in one basket, get a university degree

first, develop their skills as a player individually and as part of a team, and then now they're at the stage where they have the opportunity to play professionally in Europe, where that opportunity maybe wasn't available after junior."

"We want the (player) that wants to excel academically, and we want the guy that wants to excel at his hockey career and get to pro hockey. Those are the types of players that we're looking for and that we actively recruit."

Besides the four conference championships in the last five years that the Golden Bears boast, and their five national championships in the last 11 years, the excellent player development of the team is possibly the biggest indicator of the program's success. Nine Bears players in the last 11 years have signed a contract with a team in the AHL, the second biggest pro hockey league in North America, the most recent being this year's leading scorer, TJ Foster. The ability to develop that many players to the point they are playing at a level just below the NHL is an impressive indicator of the tradition of excellence that's so commonly talked about as being expected of every Golden Bears team.

"When you surround yourself with excellent people, I've been fortunate in that regard. I've been able to surround myself with excellent people," Marple said. "We've got the best coaching staff in the country, we've got the best players in the country and when you have the work ethic to match that, it's a recipe for success."



The Bears have won CIS Gold in two of Ian Herbers' three years as head coach. RANDY SAVOIE

CONCUSSIONS

The traditional attitudes towards brain injury in sport are changing to protect the health and wellness of athletes

Zach Borutski & Richard Catangay-Liew

It was a fairly typical hockey play, not a hit from behind or anything especially dirty.

Robert Simunkovic was playing midget hockey when he was hit from the side by an opposing player, lost his balance, and fell headfirst into the boards.

"I remember going down and hitting the boards," Simunkovic said. "The next thing I remembered, I was sitting in the locker room."

This wasn't Simunkovic's first concussion, or his last, but it was the only one where he could recall the events leading up to it.

Simunkovic sustained his first concussion when he was 14 years old, but he didn't know it at the time.

"I was confused. You think you just have a headache," Simunkovic said. "I didn't really think it was anything serious."

Therein lies the mystery of concussions — they're difficult to pin down, both for sufferers and researchers.

Despite the fact that Simunkovic has suffered several concussions, he still has difficulty discerning when he's sustained one.

"It's hard to say for me," he said. "There were some times where I would hit my head, and not know I had a concussion until I saw a doctor."

While Simunkovic said all of his coaches were understanding in regards to head injuries, he still believes there were instances when he should've taken more time to recover from a concussion.

"There was no time that I can remember where I sat out any significant length of time due to a concussion," Simunkovic said.

This attitude was especially prevalent when Simunkovic was playing AAA hockey. For many young hockey players with professional aspirations, this time is crucial for impressing scouts and a player with professional aspirations can't take any time off.

"It's always tough at that time, because you're at the point where you

don't want to miss any games," he said. "You can't really afford to take any time off for injuries, because you never know who could be watching you any given game."

"If you start taking time off, you start missing workout and training time."

Carley Borza, a graduate student at the University of Alberta specializing in concussion research, admits there's still a certain amount of uncertainty when it comes to researching concussions.

"I was confused. You think you have a headache. I didn't really think it was anything serious."

ROBERT SIMUNKOVIC
CONCUSSION VICTIM

"When you get a concussion, you're not going to be in an imaging facility right off the bat," Borza said. "CT and MRI scans do not show damage typically when it comes to concussions."

Concussions have seen a higher profile over the past few years, in no small part due to the plight of former NFL players who have sustained multiple concussions during their career. The case of Chris Borland of the San Francisco 49ers sticks out especially, who retired this past offseason at the age of 24, after only one season due to concerns over the effects of multiple concussions.

This points to a trend of players being more mindful about the effects of concussions, which Borza has observed as well.

"With the research being done, and the knowledge translation starting to happen, people are starting to become more aware of the effects concussions have," Borza said. "People are starting to factor this knowledge in when they're making judgments about playing."

Things were different not too long ago, however, as concussions more often fell victim to a sporting culture that emphasized playing through

discomfort and pain.

Borza believes youth leagues could perform better in regards to managing players with concussions.

"Concussions are monitored differently at different levels. Peewee, bantam, midget and professional, there's no uniform system," Borza said. "I think there could be a better protocol put in place that all levels follow, which is something that the Alberta Concussion Association is actually working towards."

"We want to get everyone on the same page, so everyone is given the best care available."

Borza also emphasized the importance of education in regards to managing concussions.

"We want to support and foster knowledge translation in regards to concussions, because that's an area where we're lacking currently," she said. "Players, coaches, parents and teachers all need to be on the same page when it comes to monitoring concussions and their symptoms."

With further education starting to permeate the ranks of youth sport, Borza believes there has been an increase in the amount of dialogue regarding concussion safety.

"I think it's the way of the future, especially regarding youth levels of competition," she said, referencing a recent rule that outlawed body checking at the Peewee level of hockey.

"The policy change was in response to this movement we've had recently regarding concussions is that they are a big deal, and they do need to be monitored."

The monitoring of players has changed drastically in the last 10 years, Bears football head coach Chris Morris said.

When Morris played football in the 1990s for the Edmonton Eskimos of the CFL, if you got hit in the head, the worst-case scenario was the sideline staff would look at you and try to figure out if something was "off." If it seemed serious they would take your helmet away. If not, you would just "play through it," and if it felt like it was getting worse, the coaching staff would take you at the next stoppage

of play.

That's completely changed now. "Back in the day, it was like smoking," Morris said of concussions. "It wasn't good for you, but nobody knew about it. There were guys who thought it was something they could play through and it was considered acceptable."

But now, coaching staffs are more cautious, Morris said. Education on concussions has increased exponentially, and organizations, coaches and players now realize the possible effects they can have.

"Back in the day, it was like smoking. It wasn't good for you, but nobody knew about it."

CHRIS MORRIS
GOLDEN BEARS FOOTBALL COACH

In the offseason, the entire coaching staff is mandated by the CIS to complete a concussion course outlining return to play protocols and safe contact. Players are then required to undergo a series of Sport Concussion Assessment Tool (SCAT) tests and baseline assessment tools. Those results are then used as a baseline for the rest of the season to define where a current player stands medically. When a player suffers a possible concussion, their condition is compared to that baseline.

"It's night and day compared to 15 years ago," Morris said. "Our whole staff is involved in the diagnosis of concussions. That's not the case anymore, it's a huge change for the sport."

But even with advancements in concussion education, Morris realizes players still "want to get back in there."

To help advance the prevention of concussions in sport, rule changes have been implemented in the CIS. The CIS recently redefined what it means to be a "defenceless player." Morris, who sits on the CIS rules committee, helped push for total prevention of contact with a defenceless player, and any head contact in general. He added that organizations have a "moral

obligation" to their players to make sure they aren't harming themselves or compromising their health.

Morris said these rules could prevent further concussions from happening when combined with the education, research and awareness today.

"Back in my day, (concussions) was the equivalent of turning your ankle and it not feeling quite right," Morris said. "That's what's changed. That's the culture that needs to change in a lot of sports. We're cautious. Any sort of brain trauma, we pull players first, ask questions later."

This knowledge and awareness comes too late for Simukovic, who was diagnosed with a sixth concussion last year while playing Junior C hockey, and after consulting with a doctor, decided to hang up his skates.

"From what I understood, the doctor implied that if I got another concussion after this one, the effects could be more severe, even permanent."

It was a tough decision to make for someone like Simunkovic, who had spent his entire life playing hockey up until this point.

"I grew up playing the sport, and when I quit, everything that I had worked toward kind of stopped. Not because I wanted it to, but because I had to."

Hindsight is 20/20, and Simunkovic says he would've approached things differently if given a second chance.

"If I knew more, I would've been more cautious at the beginning, I would've taken more time off and more time to recover," he said. "There were times when I definitely came back too soon, or didn't even take time off period."

Today, after numerous diagnosed and undiagnosed concussions, Simunkovic lives what many people would consider a normal life. He studies engineering at NAIT, and even though competitive hockey is out of the question, he still jogs and walks to stay active. He's able to do prolonged physical activity without pain or discomfort, but despite this, he probably won't be getting back into contact hockey any time soon.

"I'll probably be sticking to shinny from here on out."



MLB SEASON PREVIEW



The National League is pretty easy to predict, but the American League is more complicated



Zach Borutski

SPORTS STAFF • @ZACHSPRETTYCOOL

National League West: Long story short, this is the Los Angeles Dodgers' division to lose. Despite the Padres' furious outfield spending spree, the Dodgers still have the most imposing lineup in the division, as well as one of the most intimidating one-two punches, rotation-wise, with Clayton Kershaw and Zach Greinke. While the Padres did improve, their graveyard of a ballpark will do no favours for their three prized outfield acquisitions. While James Shields will love pitching at Petco Park, offensive players won't enjoy it nearly as much. Meanwhile, the defending champion Giants lost one of their best hitters in Pablo Sandoval, but still have World Series hero Madison Bumgarner heading the pitching rotation.

Knowing the Giants, they'll hang around a wild-card spot. As for the Colorado Rockies and Arizona Diamondbacks, neither of them are anything to write home about. The Rockies do have the best shortstop in baseball and a formidable lineup that'll probably explode for a ton of runs in the hitter-friendly confines of Coor's Field, but their rotation would struggle to intimidate even the weakest little league hitter. There were times last year where you would see the Rockies up, like 6-0 in a game, then you would check back an hour later and they would be down 15-11 because they're more of a slow-pitch team than a Major League Baseball team. I expect that to happen a lot this year. The Diamondbacks have a very real chance of being the worst team in baseball. Enough said.

National League Central: With the Cubs landing the offseason's biggest fish, ace Jon Lester, there's definitely room to hope in Chi-Town. Despite that, the St. Louis Cardinals are the favourite to win the Central for what seems like the millionth year in a row. The addition of Jason Heyward only makes the Cardinals better, and they're a team with very few obvious weaknesses. The Pirates lost heart and soul catcher Russell Martin to the Blue Jays, but will still contend for a Wild Card spot, as will the Cubs.

The biggest story in Chicago might actually be Kris Bryant, who will start the season in AAA, and is considered by many to be the best prospect in baseball. If Bryant can contribute whenever he's called up this year, the Cubs could challenge the Cardinals and Pirates for a playoff spot. Meanwhile, the Brewers and Reds both field decidedly average rosters, and will be in tough to compete against the top half of the division. But, both Johnny Cueto and Aroldis Chapman continue to wow fans of exceptional pitching, and Ryan Braun continues

to attempt to compensate for the fact that his team's best starting pitcher is Matt Garza.

National League East: Washington is looking to ride their Marianas Trench of pitching depth to their second straight division title, and on the surface, there isn't much standing in their way. Their rotation was more than fine last year, but the Nationals landed the other huge pitching free agent, Max Scherzer. Now Doug Fister is their number-five starter, even though he could probably be an ace on at least five other teams. While one could write endlessly about how terrifying the Nationals' pitching staff is, this may be the year that the Miami Marlins make a playoff push.

Led by Giancarlo Stanton's massive contract and even more massive offensive talent, along with outfield partner Christian Yelich, the Marlins boast a formidable run scoring attack. Getting Jose Fernandez back from Tommy John surgery will bolster a rotation that is also improved from last year with the addition of Mat Latos. The Mets will look to make a splash with an excellent stable of young arms, but will probably look to the future for sustained success. The Phillies are a shell of their former selves, and the biggest buzz around the team this year will probably be Cole Hamels trade speculation. The Braves field one of the weakest lineups in baseball, and will probably be involved in plenty of 3-1 and 4-2 losses this year.

National League Predictions: The Dodgers should win the West fairly easily, with the Giants competing for a wild card spot. Even though the Padres went all in for their outfield, the combination of not having a proper centre fielder and Petco Park's adverse affect on offence will leave them on the outside looking in. The Central looks to be firmly in the Cardinals' control, with the Cubs being built more to contend in 2016 than this year. Despite the fact that the Pirates lost one of their best players in Russell Martin, they should still compete for a wild-card spot.

In the East, the Nationals are the healthy favourites, and for good reason. The Marlins will look to compete for a wild card, with the New York Mets, who are lot like the Cubs, being built to contend in future years. In terms of the Cy Young race, Clayton Kershaw has a stranglehold on it, and the only way he won't win it for a second straight year is if he get injured or the league ceases to exist. The Marlins' boast both a strong MVP candidate and breakout candidate, and they both reside in their outfield. Giancarlo Stanton will have to play at MVP level if the Marlins are to make a playoff push, and it is something he is more than capable of, so expect at least 40 homers and 100 RBIs barring injury, or, you know, the league ceasing to exist.

Cam Lewis

SPORTS EDITOR • @CCOOM

American League West: This will likely be the first time since 2001 that we see playoff baseball in the beautiful confines of Safeco Park in Seattle. The Mariners certainly aren't stacked, but they also don't really have any weaknesses on their roster. The Mariners also managed to make their lineup slightly better by adding a reliable right fielder in Seth Smith, but made a puzzling move by signing designated hitter Nelson Cruz, who won't be able to hit worth a lick in Safeco, to a massive four-year contract. The Los Angeles Angels of Anaheim have the longest and most annoying name in baseball to say, but they compensate for it by having the game's best player in Mike Trout. Trout and the Angels' solid lineup will have to compensate for their vanilla pitching rotation, just like they did last year.

Moving north to Oakland, the Athletics look like they're poised to start writing the script to "Moneyball 2: Forget About Josh Donaldson," with their rag-tag group of mediocre players who are probably pretty good at getting on base, or something. The A's aren't much of a threat, but knowing them, a bunch of players will overachieve and propel the team to a 90 win season where they'll get knocked out in the first round of the playoffs (I think it would make a great movie). There isn't a hell of a lot to say about the two teams in Texas aside from the fact the Houston Astros will probably lead the league in both home runs and strikeouts because everybody in their lineup swings at pretty much anything that isn't throw over the backstop. Oh yeah, the Texas Rangers are awful. Enough said.

American League Central: It looks like the Detroit Tigers reign of terror in the American League Central is over. The Tigers have had a four year streak of winning the division that resulted in absolutely nothing except one trip to the World Series back in 2012. Well, it was fun while it lasted. The Tigers lost ace Max Scherzer to the Nationals in the offseason and have done a really bad job of managing their pitching prospects recently, so when David Price leaves in the offseason, they're going to have nothing to show for it. The Cleveland Indians appear to be the team to beat in the Central, which says a lot more about how average the division is than how good the Indians are.

I'll give Cleveland some credit, they might not be a star-studded group, but they don't have many holes. They have a lot of pesky players who player solid defence and always seem to get on base. They also have a lot of breakout candidates on their roster to go along with ace Corey Kluber who kinda came out of nowhere last season to win the Cy Young Award. Back to the Tigers. They got a little bit better when they added slugger Yoenis Cespedes, but they made their pitching rotation a lot worse in the pro-

cess because they sent Rick Porcello the other way. The rotation that just a couple years ago was oozing with talent now seems pretty mediocre, especially with former Cy Young winner Justin Verlander's fastball velocity taking a dip. The Chicago White Sox did a lot to improve, but they still aren't there yet, while the Kansas City Royals will regress back down to normal Kansas City Royals territory with the departure of ace James Shields, and probably won't make the playoffs for another 30 years.

American League East: It's basically impossible to pick the American League East. Warren Buffet should offer a billion-dollar prize to the individual who can predict the standings in this division because it's a total crapshoot. The general consensus is that the Boston Red Sox and all of their fancy new free agents will win the division, while the Blue Jays and Baltimore Orioles duke it out for second and a Wild Card spot. The Red Sox are a pretty flawed team. They have a whole bunch of guys who are going to put up some mammoth offensive numbers, but look completely lost when they're playing in the field which doesn't bode well for a team with a pretty ugly pitching staff. They also have a handful of young guys that they're relying on to have breakout seasons, which could easily have the team struggling come July.

The Orioles got a whole lot worse this offseason with the departure of outfielders Nick Markakis and Nelson Cruz, but such as they have the last few years, they always find a way to win. The Jays are a boom or bust team like the Red Sox. They have a volatile pitching rotation and their roster is loaded with rookies, but they boast arguably the best lineup in the American League. They also got a lot better defensively by adding MVP-candidate Josh Donaldson and third base and good old Canadian kid Russell Martin at catcher. Who knows though, the Yankees could be good too and you can never count out the Tampa Bay Rays, although the loss of Manager Joe Maddon makes it appear as if the Rays are closer to moving to Montreal than they are to making the playoffs.

American League Predictions: There are no easy choices in the AL. The Mariners, Athletics, Angels, Jays, Red Sox, Orioles, Yankees, White Sox, Tigers, and Indians could all be playoff teams. Last year, the Royals somehow managed to make the playoffs, so you can't really write anyone off. When it's all said and done, the division winners are likely to be Anaheim, Cleveland, and Boston. Those are pretty conservative choices and teams like Seattle, Chicago and Toronto or Baltimore could easily be swapped in. The Cy Young, like the division titles, are completely up in air. Felix Hernandez is probably the most likely candidate for the award, especially if Seattle has a nice season. Don't be surprised to see Mike Trout win his second consecutive MVP award, but Josh Donaldson is a big season and a Blue Jays playoff performance away from stealing the award.



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Diversions

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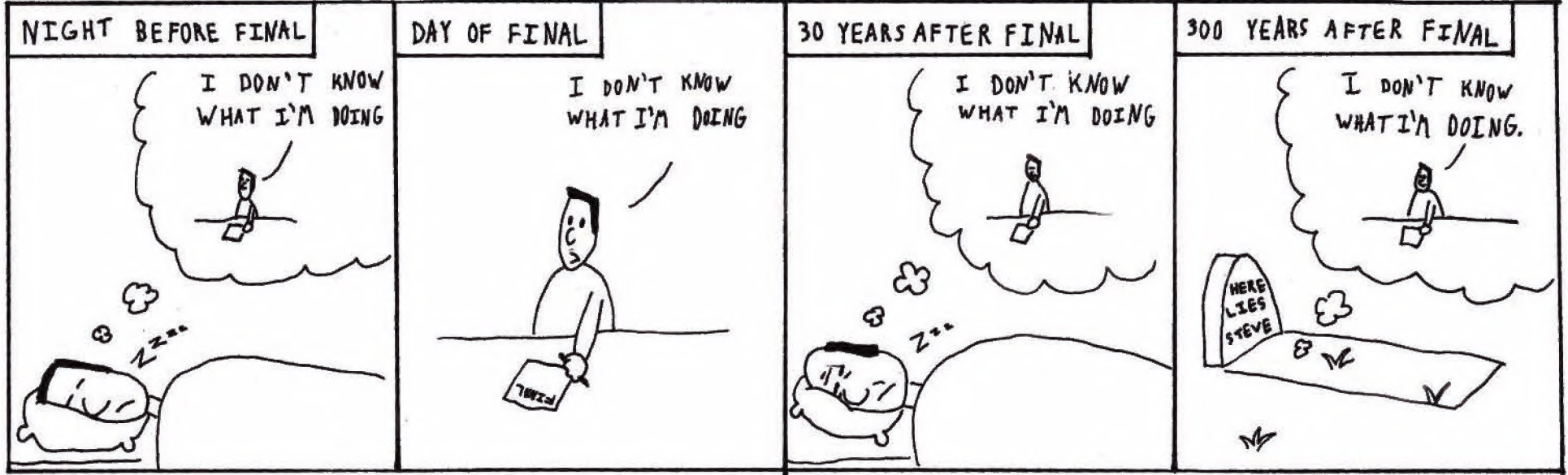
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HOROSCOPES OF THE YEAR BY CAM LEWIS

Libra

It's very unlikely, but there's a chance you may qualify for freestyle swimming at the 2016 Summer Olympics.

Aquarius

$$\Delta t' = \frac{\Delta t}{\sqrt{1 - \frac{v^2}{c^2}}}$$

Scorpio

Take the one you fancy to Costco for a hot dog.

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